

Cooking for Kids

Recipe Sizing Report

000029 - Chicken and Noodles :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 100 Size of Portion: 1 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
051520 Chicken, Diced, Cooked, Frozen..... 799989 BASE, CHICKEN, LOW SODIUM..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL....	14 lbs + 9 ozs 5 1/2 ozs 15 cup	1. Place the chicken into a large pot and heat with chicken base and water.
002030 PEPPER,BLACK..... 002020 GARLIC POWDER.....	1 TBSP (ground) 1 Tbsp	2. Add spices and let the mixture come to a boil.
011130 CARROTS,FROZEN,UNPREPARED.... 011282 ONIONS,RAW..... 011143 CELERY,RAW..... 020109 NOODLES,EGG,DRY,ENRICHED.....	5 lbs 5 lbs 3 lbs 6 lbs + 9 ozs	3. Add in the vegetables and noodles (one bag at a time) and stir well. 4. Simmer for 30 minutes or until the noodles are tender, stirring occasionally. If needed, add more water. Portion with 8 oz. ladle.

*Nutrients are based upon 1 Portion Size (1 CUP)

Calories	223 kcal	Cholesterol	75 mg	Sugars	*2.8* g	Calcium	32.26 mg	16.20%	Calories from Total Fat
Total Fat	4.01 g	Sodium	144 mg	Protein	19.11 g	Iron	1.85 mg	1.76%	Calories from Saturated Fat
Saturated Fat	0.43 g	Carbohydrates	26.00 g	Vitamin A	3306.7 IU	Water ¹	*91.84* g	*0.07%*	Calories from Trans Fat
Trans Fat ²	*0.02* g	Dietary Fiber	2.38 g	Vitamin C	4.1 mg	Ash ¹	*0.75* g	46.72%	Calories from Carbohydrates
								34.34%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.