

# Cooking for Kids

## Recipe Sizing Report

000339 - Chicken and Noodles CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 25 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....	3 lbs + 10 1/4 ozs 1/4 cup 5 cups	1. In a large pot on stove top, place the chicken, chicken base, a nd water. Heat together until chicken is hot.
002020 GARLIC POWDER..... 002030 PEPPER,BLACK.....	3/4 tsp 3/4 TSP (ground)	2. Add garlic powder and pepper and let the mixture come to a boil.
011130 CARROTS,FROZEN,UNPREPARED.... 011282 ONIONS,RAW..... 011143 CELERY,RAW..... 020109 NOODLES,EGG,DRY,ENRICHED.....	4 1/2 CUP, slices 5 CUP, sliced 3 3/8 cup chopped 1 lb + 10 1/4 ozs	3. Add in the vegetables and noodles and stir well.  4. Simmer for 30 minutes or until the noodles are tender, stirring occasionally. If needed, add more water.

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

Calories	223 kcal	Cholesterol	75 mg	Sugars	*2.8* g	Calcium	32.61 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 <sup>1</sup>	*103.68* g	*0.07%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.02* g	Dietary Fiber	2.38 g	Vitamin C	4.1 mg	Ash <sup>1</sup>	*0.76* 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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - 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.**