

Cooking for Kids

Recipe Sizing Report

000114 - Chili Verde Taco Salad :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011282 ONIONS,RAW..... 799939 GARLIC,RAW..... 050385 OIL, VEGETABLE.....	3/4 cup + 1 TBSP (chopped) 3/4 cup + 1 Tbsp 1 Tbsp + 2 tsp	1. In a large pot over medium heat, sauté onions and garlic in oil for 45 seconds or until garlic turns slightly brown.
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 799989 BASE, CHICKEN, LOW SODIUM..... 027047 SAUCE,SALSA,VERDE,RTS..... 799947 PEPPERS,CHILI,GRN,CND..... 051521 Chicken, Fajita Seasoned Strips, Cooked,.....	5 cups 1 5/8 tsp 1 2/3 cups 3/4 cup + 1 Tbsp 7 lbs + 13 ozs	
001180 SOUR CREAM,FAT FREE..... 009161 LIME JUC,CND OR BTLD,UNSWTND..... 011165 CORIANDER (CILANTRO) LEAVES,RAW.....	3/4 cup + 1 Tbsp 1/3 cup + 4 tsp 3/4 cup + 1 TBSP (CHOPPED)	3. Finish by stirring in sour cream, lime juice, and cilantro. Place mixture into a hotel pan and hold hot for service.
902985 CHIPS, TORTILLA, OVEN BAKED, REGULAR, WH.... 011251 LETTUCE,COS OR ROMAINE,RAW.....	6 lbs + 11 ozs 3 gals + 2 CUPS (shredded)	4. To serve, place 2.2 oz of tortilla chips on a plate followed by 1 cup of shredded lettuce. Top with 1/2 cup of chicken mixture.

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	370 kcal	Cholesterol	55 mg	Sugars	*2.5* g	Calcium	70.25 mg	24.51%	Calories from Total Fat
Total Fat	10.06 g	Sodium	843 mg	Protein	18.58 g	Iron	1.64 mg	6.42%	Calories from Saturated Fat
Saturated Fat	2.63 g	Carbohydrates	52.27 g	Vitamin A	4190.6 IU	Water ¹	*86.57* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	5.57 g	Vitamin C	5.0 mg	Ash ¹	*0.58* g	56.58%	Calories from Carbohydrates
								20.11%	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.