

# Cooking for Kids

## Recipe Sizing Report

000475 - Cowboy Burger CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 25 Size of Portion: each	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
023572 BEEF,GROUND,80% LN MEAT / 20% FAT,RAW.....	4 lbs + 10 1/8 ozs	1. Combine all ingredients into a large mixing bowl and stir until all ingredients are fully incorporated.  2. Using a 1/2 cup scoop, portion burgers onto sheet tray, or 18 x 13 inch pan, lined with parchment paper. Bake at 350° F for 20 minutes or until internal temperature reaches 165° F.
051558 Cheese, Mozzarella, Lite, Shredded.....	2 cups + 12 Tbsp	
018376 BREAD,CRUMBS,DRY,GRATED,SEASONED.....	1 3/4 cups + 1 1/2 Tbsp	
011282 ONIONS,RAW.....	3/4 cup + 3 TBSP (chopped)	
011333 PEPPERS,SWT,GRN,RAW.....	1/3 cup + 2 TBSP (chopped)	
901071 OREGANO LEAVES,DRIED.....	7/8 TSP	
002030 PEPPER,BLACK.....	7/8 TSP (ground)	
799957 BEANS, CANNED, PINTO, WHOLE, LOW-SODIUM...	1 5/8 cups	3. To serve, place one patty on warm bun.
051504 Tomatoes, Diced, No Salt Added, Canned.....	1 5/8 cups	
902962 Bread, Whole Grain Bun 2oz.....	25 Each	

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

Calories	413 kcal	Cholesterol	64 mg	Sugars	*3.2* g	Calcium	*103.27* mg	44.00%	Calories from Total Fat
Total Fat	20.21 g	Sodium	568 mg	Protein	23.74 g	Iron	*3.87* mg	16.09%	Calories from Saturated Fat
Saturated Fat	7.39 g	Carbohydrates	35.34 g	Vitamin A	*107.3* IU	Water <sup>1</sup>	*60.24* g	*2.15%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.99* g	Dietary Fiber	4.47 g	Vitamin C	*5.8* mg	Ash <sup>1</sup>	*1.24* g	34.20%	Calories from Carbohydrates
								22.97%	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.**