

Cooking for Kids

Recipe Sizing Report

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Sep 5, 2022

000476 - Cuban Sandwich CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1 Each	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
002046 MUSTARD,PREPARED,YELLOW..... 002030 PEPPER,BLACK..... 799902 CUMIN,GROUND..... 120941 Pork Shreds.....	1/2 cup 2 1/8 TBSP, ground 1/2 Tbsp 14 ozs	1. In a hotel pan, or 12 x 20 inch pan, mix together mustard, pepper, and cumin. Stir in shredded pork. Cover with foil and bake in a 350° F for 25 minutes (may need to thin mixture with water prior to pouring over pork).
051516 Ham, 97% Fat Free, Water-Added, Cooked,... 043405 CHEESE,SWISS,LOW SODIUM..... 011958 PICKLE RELISH,HAMBURGER..... 902962 Bread, Whole Grain Bun 2oz.....	1 lb + 4 ozs 12 ozs 1 1/2 cups 25 Each	2. To assemble the sandwiches, place 1 slice of ham, 2 slices of swiss cheese, 1 oz of pork, and 2 pickles on bun. 3. Place sandwiches on sheet tray, or 18 x 13 inch tray, cover, and bake in 350° F oven for 10-15 minutes. Serve hot.

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

Calories	236 kcal	Cholesterol	34 mg	Sugars	*2.9* g	Calcium	198.14 mg	28.02%	Calories from Total Fat
Total Fat	7.36 g	Sodium	636 mg	Protein	14.40 g	Iron	2.03 mg	12.61%	Calories from Saturated Fat
Saturated Fat	3.31 g	Carbohydrates	32.40 g	Vitamin A	*157.8* IU	Water ¹	*17.71* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.79 g	Vitamin C	*1.5* mg	Ash ¹	*1.05* g	54.84%	Calories from Carbohydrates
								24.38%	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.