

Cooking for Kids

Recipe Sizing Report

000142 - Curried Chickpeas :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1/2 CUP	Meat/Alt: 2 oz Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
799939 GARLIC,RAW..... 011282 ONIONS,RAW..... 011821 PEPPERS,SWT,RED,RAW..... 000801 BEANS GARBANZO ,CANNED.....	5 1/8 OZS 3 lbs + 1 oz 3 lbs + 1 oz 30 lbs + 2 ozs	1. Mince garlic, onions, and peppers. Drain chickpeas and set aside.
050385 OIL, VEGETABLE..... 799986 SALT, KOSHER.....	1 cup + 1 tsp 1 Tbsp	2. Heat oil, add garlic, and cook for 30 seconds then add the onions, peppers, and salt. Cook until soft.
002030 PEPPER,BLACK..... 799902 CUMIN,GROUND..... 002010 CINNAMON,GROUND..... 002015 CURRY POWDER.....	3 Tbsp + 1/8 TSP (ground) 3 Tbsp + 1/8 tsp 1 tsp 3/4 cup + 1 tsp	3. Add pepper, cumin, cinnamon, and curry powder. Cook for 2 minutes.
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 051504 Tomatoes, Diced, No Salt Added, Canned...	10 1/4 cup 19 lbs + 6 ozs	4. Add water and bring to a boil. Reduce heat then stir in the chickpeas and tomatoes. Simmer for 20 minutes. Hold hot for service.

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

Calories	189 kcal	Cholesterol	0 mg	Sugars	*3.4* g	Calcium	62.50 mg	21.56%	Calories from Total Fat
Total Fat	4.54 g	Sodium	587 mg	Protein	7.57 g	Iron	2.34 mg	4.21%	Calories from Saturated Fat
Saturated Fat	0.89 g	Carbohydrates	30.00 g	Vitamin A	827.6 IU	Water ¹	*50.29* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	11.21 g	Vitamin C	31.9 mg	Ash ¹	*0.24* g	63.39%	Calories from Carbohydrates
								15.99%	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.