

Cooking for Kids

Recipe Sizing Report

000478 - English Mffn wth Sausage CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: EACH	Meat/Alt: 1.5 oz Grains: 1 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902996 USDA COMMODITY,PORK,SAUSAGE,BULK/LINKS/P....	3 lbs + 2 ozs	1. Place sausage on lined sheet tray, or 18 x 13 inch tray, and cook in 350° F oven for 15 minutes or until internal temperature reaches 165° F.
902986 ENGLISH MUFFINS,WHOLE-WHEAT,TSTD.....	25 muffin	2. Place separated English muffins on lined sheet tray, or 18 x 13 inch tray, and toast in oven for 10 minutes.
051551 Cheese, American Blended, Yellow, Skim/R.....	1 lb + 9 ozs	3. To assemble, place one sausage patty and one slice of cheese on each English muffin. Serve hot.

*Nutrients are based upon 1 Portion Size (EACH)

Calories	366 kcal	Cholesterol	71 mg	Sugars	*7.4* g	Calcium	*180.78* mg	43.96%	Calories from Total Fat
Total Fat	17.89 g	Sodium	848 mg	Protein	23.06 g	Iron	*2.27* mg	15.63%	Calories from Saturated Fat
Saturated Fat	6.36 g	Carbohydrates	28.90 g	Vitamin A	*28.4* IU	Water ¹	*58.27* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.45 g	Vitamin C	*0.0* mg	Ash ¹	*2.68* g	31.57%	Calories from Carbohydrates
								25.19%	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.