

Cooking for Kids

Recipe Sizing Report

000116 - Fiesta Beans :	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: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011979 PEPPERS,JALAPENO,RAW..... 011282 ONIONS,RAW..... 799968 CILANTRO.....	1 lb + 5 5/8 ozs 2 2/3 cups + 1/2 Tbsp 2 2/3 cups + 1/2 Tbsp	1. Wash and chop all fresh produce (fine dice jalapeno).
799957 BEANS, CANNED, PINTO, WHOLE, LOW-SODIUM... 051495 Salsa, Low-sodium, Canned..... 011949 CATSUP,LOW SODIUM..... 002030 PEPPER,BLACK..... 002075 SEASONING MIX,DRY,TACO,ORIGINAL.....	5 1/2 #10 can drained 1 lb + 5 5/8 ozs 1 1/3 cups + 1 tsp 1/3 cup + 1/4 TSP (ground) 1/2 cup + 3/8 tsp	2. Place all ingredients into a 4 inch hotel pan and stir until all ingredients are fully incorporated. 3. Cover with foil and bake in a 350° F oven for 30 minutes or until internal temperature reaches 165° F. Hold hot for service.

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

Calories	68 kcal	Cholesterol	0 mg	Sugars	*1.5* g	Calcium	45.75 mg	7.52%	Calories from Total Fat
Total Fat	0.56 g	Sodium	133 mg	Protein	3.34 g	Iron	1.11 mg	1.63%	Calories from Saturated Fat
Saturated Fat	0.12 g	Carbohydrates	12.65 g	Vitamin A	161.4 IU	Water ¹	*12.08* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.58 g	Vitamin C	9.5 mg	Ash ¹	*0.39* g	74.90%	Calories from Carbohydrates
								19.78%	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.