

Cooking for Kids

Recipe Sizing Report

000117 - Fiesta Corn :	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
050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM... 011943 PIMENTO,CANNED..... 004696 MARGARINE,REG,80% FAT,COMP,STK,WO/ SALT,..... 002075 SEASONING MIX,DRY,TACO,ORIGINAL..... 011333 PEPPERS,SWT,GRN,RAW..... 002009 CHILI POWDER..... 799902 CUMIN,GROUND.....	18 lbs + 8 ozs 3 lbs 3/4 cup 1 Tbsp + 1 tsp 3 CUPS (chopped) 1/3 cup + 2 tsp 1/3 cup + 2 tsp	1. In 4 inch hotel pan, combine all ingredients and stir until fully incorporated. 2. Cover with foil and bake in 350° F oven for 20-30 minutes or until internal temperature reaches 165° F. Hold hot for service.

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

Calories	87 kcal	Cholesterol	0 mg	Sugars	*0.5* g	Calcium	8.32 mg	21.97%	Calories from Total Fat
Total Fat	2.12 g	Sodium	26 mg	Protein	2.47 g	Iron	0.98 mg	3.79%	Calories from Saturated Fat
Saturated Fat	0.37 g	Carbohydrates	17.58 g	Vitamin A	757.7 IU	Water ¹	*17.23* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.60 g	Vitamin C	18.2 mg	Ash ¹	*0.23* g	81.09%	Calories from Carbohydrates
								11.37%	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.