

Cooking for Kids

Recipe Sizing Report

000359 - Fiesta Corn CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1/4 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.25 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..... 799902 CUMIN,GROUND.....	6 3/8 cups 1 cup 1 1/2 Tbsp 1/2 tsp 1/3 cup + 2 tsp (chopped) 2 1/4 tsp	1. In 4 inch hotel pan or large baking dish, 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 (1/4 CUP)

Calories	43 kcal	Cholesterol	0 mg	Sugars	*0.2* g	Calcium	3.36 mg	21.59%	Calories from Total Fat
Total Fat	1.02 g	Sodium	6 mg	Protein	1.20 g	Iron	0.45 mg	3.73%	Calories from Saturated Fat
Saturated Fat	0.18 g	Carbohydrates	8.67 g	Vitamin A	306.8 IU	Water ¹	*8.59* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.22 g	Vitamin C	9.1 mg	Ash ¹	*0.08* g	81.26%	Calories from Carbohydrates
								11.25%	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.