

# Cooking for Kids

## Recipe Sizing Report

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Jan 31, 2022

000121 - Frito Chili Pie :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011282 ONIONS,RAW..... 051506 Beef, Crumbles w/SPP, Cooked, Frozen.....	3/4 cup + 3 TBSP (chopped) 5 lbs + 11 ozs	1. In a large braising pan over medium high heat, add onions and cook for 45 seconds. Add in the ground beef.
051504 Tomatoes, Diced, No Salt Added, Canned..... 051500 Tomato Paste, No Salt Added, Canned.....	1 lb + 2 1/4 ozs 1 1/8 ozs	2. Mix together diced tomatoes with juice and tomato paste until blended. Add to beef mixture and simmer for 15 minutes.
799957 BEANS, CANNED, PINTO, WHOLE, LOW-SODIUM... 799986 SALT, KOSHER..... 002009 CHILI POWDER..... 799939 GARLIC,RAW..... 799902 CUMIN,GROUND..... 002030 PEPPER,BLACK..... 799989 BASE, CHICKEN, LOW SODIUM..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 011949 CATSUP,LOW SODIUM.....	3/8 #10 can drained 2 1/4 tsp 1/4 cup + 1 5/8 tsp 1/3 cup + 2 1/8 tsp 1 1/2 Tbsp 1 1/2 TBSP (ground) 1 1/2 Tbsp 1 qt + 2 cups 1/4 PINT	3. Add beans, seasonings, chicken base, water, and catsup. Let simmer for an additional 15 minutes until the internal temperature reaches 165° F.
902952 Chips, Frito..... 051551 Cheese, American Blended, Yellow, Skim/R.....	6 lbs + 4 ozs 1 lb + 3 ozs	4. Pour chili into hotel pans and hold hot for service. To serve, place 1 oz. of corn chips in the bottom of a bowl or tray. Top with 1/2 cup chili and 1 tbsp of cheese.

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

Calories	442 kcal	Cholesterol	41 mg	Sugars	*1.7* g	Calcium	*71.56* mg	38.24%	Calories from Total Fat
Total Fat	18.76 g	Sodium	753 mg	Protein	16.91 g	Iron	*2.12* mg	13.13%	Calories from Saturated Fat
Saturated Fat	6.44 g	Carbohydrates	48.25 g	Vitamin A	*286.7* IU	Water <sup>1</sup>	*33.53* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	6.59 g	Vitamin C	*1.9* mg	Ash <sup>1</sup>	*0.23* g	43.71%	Calories from Carbohydrates
								15.32%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - 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.