

# Cooking for Kids

## Recipe Sizing Report

000316 - Frittata	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: piece (cut 6x3)	Meat/Alt: Grains: Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011282 ONIONS,RAW..... 902991 OIL, VEGETABLE.....	2 3/4 cups + 1/2 Tbsp (chopped) 1/2 cup + 1 tsp	1. In a large saucepan, cook onions in oil until soft.
799939 GARLIC,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..... 011641 SQUASH,SMMR,ALL VAR,RAW..... 902935 Zucchini, Raw.....	1/3 cup + 5/8 tsp 1 lb + 6 1/4 ozs 1 lb + 6 1/4 ozs 1 lb + 6 1/4 ozs	2. Add minced garlic, small-diced tomatoes, and small-diced squash. Cook for two minutes, then set aside to cool.
799986 SALT, KOSHER..... 901071 OREGANO LEAVES,DRIED..... 902978 Mushroom Dust, Herbs (Sub-Recipe)..... 031028 POTATO\,YEL FLSH,HASH BRN,SHRD,SALT ADDE.....	1/3 cup + 5/8 tsp 2 Tbsp + 2 3/8 tsp 1 3/8 ozs 13 lbs + 14 ozs	3. Toss the salt, oregano, and Mushroom Dust (sub-recipe) into thawed and drained potatoes.
011457 SPINACH,RAW.....	2 3/4 cups + 1/2 Tbsp	4. Steam the spinach then squeeze out excess liquid and chop.
902977 Parsley Paste, Herbs (Sub-Recipe).....	2 7/8 ozs	5. Add the Parsley Paste (sub-recipe) to the spinach. Mix together until combined, then set aside.
001123 EGG,WHL,RAW,FRSH..... 001081 MILK,RED FAT,FLUID,2% MILKFAT,PROT FORT,..... 018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTIN...	83 1/3 large 2 qts + 3 cups 1/3 cup + 5/8 tsp	6. In a separate bowl, mix together the eggs, milk, and baking powder.
051556 Cheese, Cheddar, Yellow, Reduced Fat, Sh.....	2 lbs + 12 1/2 ozs	7. Combine all ingredients, except eggs, and place in a pre-heated 2 inch hotel pan freshly sprayed with cold oil.  8. Pour the egg mixture over the ingredients.  9. Bake in a 325° F oven for 30-35 minutes or until done (clean knife test).  Tips: Cover the mixture in the oven if getting too brown.

\*Nutrients are based upon 1 Portion Size (piece (cut 6x3))

**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.

# Cooking for Kids

## Recipe Sizing Report

Calories	*356*	kcal	Cholesterol	*332*	mg	Sugars	*4.8*	g	Calcium	*241.78*	mg	*42.52%*	Calories from Total Fat
Total Fat	*16.84*	g	Sodium	*1430*	mg	Protein	*22.08*	g	Iron	*2.38*	mg	*18.25%*	Calories from Saturated Fat
Saturated Fat	*7.23*	g	Carbohydrates	*30.31*	g	Vitamin A	*788.0*	IU	Water <sup>1</sup>	*243.99*	g	*0.08%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.03*	g	Dietary Fiber	*3.27*	g	Vitamin C	*18.1*	mg	Ash <sup>1</sup>	*4.60*	g	*34.01%*	Calories from Carbohydrates
												*24.77%*	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.