

Cooking for Kids

Recipe Sizing Report

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Feb 23, 2022

000174 - Greek Salad with Chicken :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1 Each	Meat/Alt: 2 oz Grains: Fruit: Vegetable: 1 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011251 LETTUCE,COS OR ROMAINE,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 011205 CUCUMBER,WITH PEEL,RAW..... 901062 ONIONS,RED,RAW..... 011333 PEPPERS,SWT,GRN,RAW.....	12 GALS 30 cup 20 each (8-1/4") 6 lbs 1 1/4 GALS	1. Chop romaine lettuce into 3/4 inch strips. Chop tomatoes, cucumber, onions, and peppers.
902954 Chicken Breast, Breaded WG.....	100 Each	2. Place chicken on sheet trays and bake in oven at 350° F for 15 minutes or until internal temperature reaches 165° F. Let cool. 3. Layer salad in order of ingredients into individual bowls using 2 cups of romaine lettuce for each salad.
009193 OLIVES,RIPE,CND (SMALL-EXTRA LRG)..... 051558 Cheese, Mozzarella, Lite, Shredded.....	1 1/4 gals 8 lbs	4. Place one chicken breast on top of each salad then top with olives and cheese. Hold at 41° F or lower for service.

*Nutrients are based upon 1 Portion Size (1 Each)

Calories	417 kcal	Cholesterol	38 mg	Sugars	*5.0* g	Calcium	*116.77* mg	48.04%	Calories from Total Fat
Total Fat	22.27 g	Sodium	728 mg	Protein	27.64 g	Iron	*4.81* mg	12.45%	Calories from Saturated Fat
Saturated Fat	5.77 g	Carbohydrates	29.72 g	Vitamin A	*8595.0* IU	Water ¹	*258.69* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	7.13 g	Vitamin C	*37.6* mg	Ash ¹	*1.80* g	28.49%	Calories from Carbohydrates
								26.49%	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.