

Cooking for Kids

Recipe Sizing Report

000144 - Green Chili Pork Taco :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011282 ONIONS,RAW..... 799939 GARLIC,RAW..... 902991 OIL, VEGETABLE.....	3/4 cup + 1 TBSP (chopped) 3/4 cup + 1 TBSP (MINCED) 1 Tbsp + 2 tsp	1. In a large pot over medium heat, sauté onions and garlic in oil for 45 seconds or until garlic turns slightly brown.
027047 SAUCE,SALSA,VERDE,RTS..... 799947 PEPPERS,CHILI,GRN,CND..... 120941 Pork Shreds..... 799989 BASE, CHICKEN, LOW SODIUM..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	1 2/3 cups 3/4 cup + 1 Tbsp 7 lbs + 13 ozs 1 5/8 tsp 5 cup	
799968 CILANTRO..... 009161 LIME JUC,CND OR BTLD,UNSWTND... 001180 SOUR CREAM,FAT FREE.....	3/4 cup + 1 Tbsp 1/3 cup + 4 tsp 3/4 cup + 1 Tbsp	3. Finish by stirring in cilantro, lime juice, and sour cream. Place mixture into hotel pan and hold hot for service.
018448 TACO SHELLS,BKD,WO/ SALT.....	100 medium (5" dia)	4. To serve, place 1/4 cup of pork mixture into each taco shell. Serve 2 tacos per portion.

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

Calories	219 kcal	Cholesterol	41 mg	Sugars	*0.4* g	Calcium	61.00 mg	35.88%	Calories from Total Fat
Total Fat	8.72 g	Sodium	297 mg	Protein	15.02 g	Iron	1.11 mg	7.54%	Calories from Saturated Fat
Saturated Fat	1.83 g	Carbohydrates	19.41 g	Vitamin A	*29.4* IU	Water ¹	*42.74* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.24 g	Vitamin C	*2.8* mg	Ash ¹	*0.76* g	35.50%	Calories from Carbohydrates
								27.47%	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.