Cooking for Kids

000577 - Herb Paste CACFP	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 25 Size of Portion: oz	Meat/Alt: Grains: Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
002044 BASIL,FRESH..	19 1/8 cup	1. Wash all herbs then puree each in blender, along with their stems, separately.
011165 CORIANDER (CILANTRO) LEAVES,RAW..................	13 1/2 cup	
011297 PARSLEY,FRSH...	13 1/2 cup	
004644 OIL,INDUSTRIAL,CANOLA FOR SALADS,WOKS &....	5 3/8 cups	2. Drizzle herbs in oil to make a thick paste. 3. Portion into 2, 3, or 4 oz cups with lids and freeze. <u>Tips:</u> -Don't add salt, this is just preservation. -Goes great in salsas and stews.

Nutrients are based upon 1 Portion Size (oz)

Calories	439 kcal	Cholesterol	0 mg	Sugars	0.7 g	Calcium	123.77 mg	96.94%	Calories from Total Fat
Total Fat	47.26 g	Sodium	34 mg	Protein	2.67 g	Iron	3.61 mg	7.54%	Calories from Saturated Fat
Saturated Fat	3.68 g	Carbohydrates	4.10 g	Vitamin A	6624.7 IU	Water[1]	88.12 g	1.69%	Calories from Trans Fat
Trans Fat[2]	0.83 g	Dietary Fiber	2.49 g	Vitamin C	57.7 mg	Ash[1]	1.67 g	3.74%	Calories from Carbohydrates
								2.44%	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.