

# Cooking for Kids

## Recipe Sizing Report

| 000093 - Jicama Slaw :   | Components  | Attributes | Allergens Present | Allergens Absent | Allergens Unidentified   |
|--|---|------------|-------------------|------------------|--|
| HACCP Process: #1 No Cook<br>Number of Portions: 100<br>Size of Portion: 1/2 CUP | Meat/Alt:<br>Grains:<br>Fruit:<br>Vegetable: 0.5 cup<br>Milk: |            |                   |                  | ? - Milk<br>? - Egg<br>? - Peanut<br>? - Tree Nut<br>? - Fish<br>? - Shellfish<br>? - Soy<br>? - Wheat |

| Ingredients                            | Measures         | Instructions  |
|--|------------------|---|
| 902950 Jicama.....                     | 10 lbs           | 1. Peel jicama with a vegetable peeler.<br><br>2. Julienne jicama, peppers, and carrots (if they are whole).        |
| 011821 PEPPERS,SWT,RED,RAW.....        | 1 qt + 2 cups    |   |
| 011333 PEPPERS,SWT,GRN,RAW.....        | 1 qt + 2 cups    |   |
| 011979 PEPPERS,JALAPENO,RAW.....       | 1 cup            |   |
| 011124 CARROTS,RAW.....                | 2 qts + 2 cups   |   |
| 799986 SALT, KOSHER.....               | 1 Tbsp + 1 tsp   | 3. In a large bowl, combine all ingredients until incorporated. Refrigerate for at least 30 minutes before serving. |
| 799904 MUSTARD,POWDER/DRY.....         | 3 Tbsp + 1 tsp   |   |
| 799939 GARLIC,RAW.....                 | 1/2 cup + 2 Tbsp |   |
| 050385 OIL, VEGETABLE.....             | 8 ozs            |   |
| 002048 VINEGAR,CIDER.....              | 10 ozs           |   |
| 009161 LIME JUC,CND OR BTLD,UNSWTND... | 1 cup            |   |
| 902992 Orange 100% Juice.....          | 10 ozs           |   |
| 019296 HONEY.....                      | 1/4 cup          |   |
| 799968 CILANTRO.....                   | 1 QT (MINCED)    |   |

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

|                        |          |               |        |           |           |                    |           |         |                             |
|------------------------|----------|---------------|--------|-----------|-----------|--------------------|-----------|---------|-----------------------------|
| Calories               | 53 kcal  | Cholesterol   | 0 mg   | Sugars    | *3.0* g   | Calcium            | 32.72 mg  | 41.10%  | Calories from Total Fat     |
| Total Fat              | 2.42 g   | Sodium        | 73 mg  | Protein   | 0.69 g    | Iron               | 0.42 mg   | 5.93%   | Calories from Saturated Fat |
| Saturated Fat          | 0.35 g   | Carbohydrates | 7.53 g | Vitamin A | 2048.2 IU | Water <sup>1</sup> | *26.41* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>2</sup> | *0.00* g | Dietary Fiber | 2.83 g | Vitamin C | 22.8 mg   | Ash <sup>1</sup>   | *0.20* g  | 56.92%  | Calories from Carbohydrates |
|                        |          |               |        |           |           |                    |           | 5.23%   | 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.**