

Cooking for Kids

Recipe Sizing Report

000093 - Jicama Slaw :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902950 Jicama.....	5 lbs	1. Peel jicama with a vegetable peeler. 2. Julienne jicama, peppers, and carrots (if they are whole).
011821 PEPPERS,SWT,RED,RAW.....	3 cups	
011333 PEPPERS,SWT,GRN,RAW.....	3 cups	
011979 PEPPERS,JALAPENO,RAW.....	1/2 cup	
011124 CARROTS,RAW.....	1 qt + 1 cup	
799986 SALT, KOSHER.....	2 tsp	3. In a large bowl, combine all ingredients until incorporated. Refrigerate for at least 30 minutes before serving.
799904 MUSTARD,POWDER/DRY.....	1 Tbsp + 2 tsp	
799939 GARLIC,RAW.....	1/4 cup + 1 Tbsp	
050385 OIL, VEGETABLE.....	4 ozs	
002048 VINEGAR,CIDER.....	5 ozs	
009161 LIME JUC,CND OR BTLD,UNSWTND...	1/2 cup	
902992 Orange 100% Juice.....	5 ozs	
019296 HONEY.....	2 Tbsp	
799968 CILANTRO.....	2 CUPS (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 ¹	*26.41* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.83 g	Vitamin C	22.8 mg	Ash ¹	*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
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.