

# Cooking for Kids

## Recipe Sizing Report

000503 - Jicama Slaw CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 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.....	2 lbs + 8 ozs	1. Peel jicama with a vegetable peeler.  2. Julienne jicama, peppers, and carrots (if they are whole).
011821 PEPPERS,SWT,RED,RAW.....	1 1/2 cups	
011333 PEPPERS,SWT,GRN,RAW.....	1 1/2 cups	3. In a large bowl, combine all ingredients until incorporated. Refrigerate for at least 30 minutes before serving.
011979 PEPPERS,JALAPENO,RAW.....	1/4 cups	
011124 CARROTS,RAW.....	2 1/2 cups	
799986 SALT, KOSHER.....	1 tsp	
799904 MUSTARD,POWDER/DRY.....	2 1/2 tsp	
799939 GARLIC,RAW.....	2 1/2 Tbsp	
050385 OIL, VEGETABLE.....	4 1/8 Tbsp	
002048 VINEGAR,CIDER.....	4 3/4 Tbsp	
009161 LIME JUC,CND OR BTLD,UNSWTND...	1/4 cup	
902992 Orange 100% Juice.....	1/3 cup	
019296 HONEY.....	1 Tbsp	
799968 CILANTRO.....	1 CUP (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.