

# Cooking for Kids

## Recipe Sizing Report

000504 - Kale and Quinoa Medley CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1/2Cup	Meat/Alt: Grains: 0.5 oz Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
020035 QUINOA,UNCKD..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	2 2/3 cups 2 cups	1. Rinse quinoa with cold water. Drain well.  2. In a large pot, combine quinoa and water, cover, and bring to a boil. Reduce heat and cover until water is absorbed.
011233 KALE,RAW..... 011215 GARLIC,RAW..... 050385 OIL, VEGETABLE.....	2 5/8 lbs 1/4 cup 1/3 cup + 2 tsp	3. Chiffonade kale and place in a large bowl. Add garlic and drizzle oil over kale. Using your hands, toss the kale and oil together until thoroughly combined and the kale is well coated in oil.  4. Divide the kale between 4 sheet trays, or 4 18 x 13 inch trays, spreading it out evenly over the entire pan. Cook for 10 minutes at 350° F.
799986 SALT, KOSHER..... 002030 PEPPER,BLACK..... 009153 LEMON JUC FROM CONC,CND OR BTLD... 002046 MUSTARD,PREPARED,YELLOW..... 019296 HONEY..... 011124 CARROTS,RAW.....	1 tsp 1 TSP (ground) 1/2 cup 2 Tbsp 2 Tbsp 2 1/2 CUPS (chopped)	5. In a large bowl, combine all other ingredients with the cooked quinoa, kale, and carrots.

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

Calories	127 kcal	Cholesterol	0 mg	Sugars	*2.6* g	Calcium	138.64 mg	36.71%	Calories from Total Fat
Total Fat	5.16 g	Sodium	113 mg	Protein	4.24 g	Iron	1.69 mg	5.01%	Calories from Saturated Fat
Saturated Fat	0.70 g	Carbohydrates	17.24 g	Vitamin A	4436.5 IU	Water <sup>1</sup>	*82.05* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	3.73 g	Vitamin C	*46.4* mg	Ash <sup>1</sup>	*1.39* g	54.50%	Calories from Carbohydrates
								13.42%	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.**