

Cooking for Kids

Recipe Sizing Report

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Apr 15, 2022

000019 - Lentil Salad :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1 CUP	Meat/Alt: 1 oz Grains: 1 oz Fruit: Vegetable: 0.75 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 016069 LENTILS,RAW.....	23 cup 3 lbs + 8 ozs	1. In a large pot, combine water with lentils. Bring to a boil then reduce heat to medium low and simmer until lentils are tender but not mushy, about 25 minutes. 2. Do not drain the lentils. Spread them on a sheet tray and let them cool in the walk in.
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 051426 RICE, BROWN, LONG GRAIN,PARBOILED, DRY...	24 1/2 cup 6 lbs + 4 ozs	3. In a pot, bring water to a boil then add brown rice. Cover and return to medium low heat. Let simmer until water is absorbed, about 20 minutes. 4. Spread out on sheet tray and let cool in the walk in.
011457 SPINACH,RAW..... 011124 CARROTS,RAW..... 011821 PEPPERS,SWT,RED,RAW..... 050385 OIL, VEGETABLE..... 002048 VINEGAR,CIDER..... 799986 SALT, KOSHER..... 002030 PEPPER,BLACK.....	4 lbs 2 qts + 1 1/2 cups 10 lbs + 8 ozs 3 cups 2 cups 2 Tbsp 1/4 CUP (ground)	5. Cut spinach, carrots, and peppers into bite sized pieces. Combine rice with lentils and vegetables in a large bowl. Toss with oil, vinegar, salt, and pepper. Adjust seasonings as needed. Hold cold for service.

*Nutrients are based upon 1 Portion Size (1 CUP)

Calories	240 kcal	Cholesterol	0 mg	Sugars	*3.0* g	Calcium	35.80 mg	29.45%	Calories from Total Fat
Total Fat	7.87 g	Sodium	123 mg	Protein	7.94 g	Iron	2.27 mg	3.86%	Calories from Saturated Fat
Saturated Fat	1.03 g	Carbohydrates	36.24 g	Vitamin A	5231.7 IU	Water ¹	*189.52* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.73 g	Vitamin C	67.4 mg	Ash ¹	*1.22* g	60.28%	Calories from Carbohydrates
								13.21%	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.