

# Cooking for Kids

## Recipe Sizing Report

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May 27, 2022

000507 - Lentil Salad CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 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.....	5 3/4 cups 2 1/8 cups	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, or 18 x13 inch tray, and let them cool in the walk in, or refrigerator.
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 051426 RICE, BROWN, LONG GRAIN,PARBOILED, DRY...	6 1/8 cups 4 cups	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, or 18 x 13 inch tray, and let cool in the walk in, or refrigerator.
011457 SPINACH,RAW..... 011124 CARROTS,RAW..... 011821 PEPPERS,SWT,RED,RAW..... 050385 OIL, VEGETABLE..... 002048 VINEGAR,CIDER..... 799986 SALT, KOSHER..... 002030 PEPPER,BLACK.....	15 1/8 cups 2 1/3 cups + 1/2 Tbsp 8 cups 3/4 cup 1/2 cup 1/2 Tbsp 1 TBSP (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 <sup>1</sup>	*189.52* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	4.73 g	Vitamin C	67.4 mg	Ash <sup>1</sup>	*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

<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.