

Cooking for Kids

Recipe Sizing Report

000119 - Mama Mia Pasta Bake :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011282 ONIONS,RAW..... 799939 GARLIC,RAW.....	2 cups 1/4 cup	1. Mince onion and fresh garlic together in food processor. Heat oil and sauté onion and garlic for about 2 minutes.
051506 Beef, Crumbles w/SPP, Cooked, Frozen..... 051504 Tomatoes, Diced, No Salt Added, Canned... 051502 Tomato Sauce, Low-sodium, Canned..... 051500 Tomato Paste, No Salt Added, Canned..... 799903 GARLIC,GRANULATED..... 002030 PEPPER,BLACK..... 002031 PEPPER,RED OR CAYENNE..... 901071 OREGANO LEAVES,DRIED..... 901561 THYME LEAF,DRIED..... 799986 SALT, KOSHER..... 002026 ONION POWDER.....	9 lbs 2 lbs 18 lbs 3 lbs 1/4 cup 2 Tbsp (ground) 2 Tbsp 1/4 cup 1/4 cup 1 Tbsp 1/4 cup	2. Add meat and remaining ingredients; be sure to include the liquid in the diced tomatoes. Reduce heat to low, simmer for 45 minutes. Taste and adjust seasonings as needed.
799984 PASTA, PENNE, MULTI-GRAIN, DRY..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	6 lbs + 8 ozs 4 gals	3. Cook pasta in water for 7-10 minutes or until pasta is tender but not mushy.
051558 Cheese, Mozzarella, Lite, Shredded.....	1 lb + 6 ozs	4. In a 4 inch hotel pan, mix together sauce and pasta then top with cheese. Place pan in 350° F oven for 5 minutes uncovered to melt cheese and until internal temperature has reached 165° F. Hold hot for service.

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

Calories	492 kcal	Cholesterol	61 mg	Sugars	*9.5* g	Calcium	*65.40* mg	22.94%	Calories from Total Fat
Total Fat	12.53 g	Sodium	664 mg	Protein	28.82 g	Iron	*5.51* mg	11.31%	Calories from Saturated Fat
Saturated Fat	6.18 g	Carbohydrates	67.32 g	Vitamin A	*883.0* IU	Water ¹	*309.32* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	8.66 g	Vitamin C	*13.0* mg	Ash ¹	*0.45* g	54.77%	Calories from Carbohydrates
								23.45%	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.