

# Cooking for Kids

## Recipe Sizing Report

000335 - Mama Mia Pasta Bake CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1/2 CUP	Meat/Alt: 1.5 oz Grains: 1 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.....	1 cup 2 Tbsp	1. Mince onion and fresh garlic together in food processor or cut by hand into small pieces. Heat oil and sauté onion and garlic for about 2 minutes.  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.	
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.....	3 lbs + 8 ozs 1 7/8 cups 16 2/3 cups 2 2/3 cups 2 Tbsp 1 Tbsp (ground) 1 Tbsp 2 Tbsp 2 Tbsp 2 Tbsp 1/2 Tbsp 2 Tbsp		
799984 PASTA, PENNE, MULTI-GRAIN, DRY..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	3 lbs + 4 ozs 32 cups		3. Cook pasta according to the instructions on the box.
051558 Cheese, Mozzarella, Lite, Shredded.....	2 3/4 cups		4. In a large mixing bowl, mix together sauce and pasta then place in baking dish and 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	454 kcal	Cholesterol	48 mg	Sugars	*9.5* g	Calcium	*59.73* mg	20.36%	Calories from Total Fat
Total Fat	10.26 g	Sodium	602 mg	Protein	25.42 g	Iron	*5.20* mg	10.00%	Calories from Saturated Fat
Saturated Fat	5.04 g	Carbohydrates	66.19 g	Vitamin A	*883.0* IU	Water <sup>1</sup>	*309.32* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	8.09 g	Vitamin C	*13.0* mg	Ash <sup>1</sup>	*0.45* g	58.36%	Calories from Carbohydrates
								22.41%	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.**