

Cooking for Kids

Recipe Sizing Report

000511 - Meat Ball Sub Sandwich CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 25 Size of Portion: 4 Each	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
023572 BEEF,GROUND,80% LN MEAT / 20% FAT,RAW.....	4 lbs + 10 1/8 ozs	1. Combine beef, beans, diced tomatoes, onions, peppers, cheese, bread crumbs, pepper, and oregano into a large mixing bowl and stir until all ingredients are fully incorporated. 2. Using a #30 scoop, portion meat balls onto a sheet tray, or 13 x 18 inch tray, lined with parchment paper. Bake at 350° F for 20 minutes or until internal temperature reaches 165° F.
799957 BEANS, CANNED, PINTO, WHOLE, LOW-SODIUM...	1 5/8 cups	
051504 Tomatoes, Diced, No Salt Added, Canned.....	1 5/8 cups	
011282 ONIONS,RAW.....	3/4 cup + 3 Tbsp (chopped)	
011333 PEPPERS,SWT,GRN,RAW.....	1/3 cup + 2 Tbsp (chopped)	
051559 Cheese, Mozzarella, Low Moisture Part Sk.....	3/4 lb	
018376 BREAD,CRUMBS,DRY,GRATED,SEASONED.....	1 3/4 cups + 1 1/2 Tbsp	
002030 PEPPER,BLACK.....	7/8 tsp (ground)	3. To serve, place 4 meat balls onto each hoagie bun.
901071 OREGANO LEAVES,DRIED.....	7/8 tsp	
902963 Bread, Whole Grain Hoagie 2 oz.....	25 Each	

*Nutrients are based upon 1 Portion Size (4 Each)

Calories	397 kcal	Cholesterol	*68* mg	Sugars	*3.2* g	Calcium	*83.27* mg	48.74%	Calories from Total Fat
Total Fat	21.48 g	Sodium	528 mg	Protein	22.74 g	Iron	*3.51* mg	*19.79%*	Calories from Saturated Fat
Saturated Fat	*8.72* g	Carbohydrates	27.90 g	Vitamin A	*207.3* IU	Water ¹	*60.24* g	*2.24%*	Calories from Trans Fat
Trans Fat ²	*0.99* g	Dietary Fiber	3.47 g	Vitamin C	*4.6* mg	Ash ¹	*1.24* g	28.13%	Calories from Carbohydrates
								22.93%	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.