

Cooking for Kids

Recipe Sizing Report

000148 - Meat Loaf :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: 2 oz Grains: Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 016069 LENTILS,RAW.....	6 1/4 cup 3 1/4 cups	1. Rinse and drain lentils. In a deep hotel pan, add lentils and water. Cover with foil and bake at 400° F for 45 minutes.
023572 BEEF,GROUND,80% LN MEAT / 20% FAT,RAW..... 001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT..... 050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW..... 050456 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO... 051500 Tomato Paste, No Salt Added, Canned..... 002046 MUSTARD,PREPARED,YELLOW..... 002029 PARSLEY,DRIED..... 799903 GARLIC,GRANULATED..... 011284 ONIONS,DEHYDRATED FLAKES..... 002007 CELERY SEED..... 799986 SALT, KOSHER..... 002030 PEPPER,BLACK.....	6 lbs + 4 ozs 3 cups 11 ozs 3 1/4 cups 10 ozs 1 1/2 cups 1/3 cup + 2 tsp 1/4 cup 1/4 cup 1/2 Tbsp 1 1/2 Tbsp 1 1/2 Tbsp (ground)	2. In a large mixer, add ground beef, milk, eggs, oats, tomato paste, mustard, parsley, garlic, onions, celery seed, salt, and pepper. Mix until all ingredients are incorporated. Do not over mix. 3. Add cooked lentils to the ground beef mixture and mix lightly. Lentils should stay whole. 4. Using a #6 scoop, place meat on a large sheet tray and flatten. Bake in a 400° F oven for 25 minutes or until the internal temperature reaches 165° F.
051558 Cheese, Mozzarella, Lite, Shredded..... 011949 CATSUP,LOW SODIUM.....	1 lb + 8 ozs 3 1/4 cups	5. To serve, place one patty on tray and garnish with cheese and 1 tsp of catsup.

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

Calories	284 kcal	Cholesterol	69 mg	Sugars	*5.7* g	Calcium	*52.90* mg	45.22%	Calories from Total Fat
Total Fat	14.24 g	Sodium	367 mg	Protein	19.12 g	Iron	*2.66* mg	17.89%	Calories from Saturated Fat
Saturated Fat	5.63 g	Carbohydrates	19.72 g	Vitamin A	*248.0* IU	Water ¹	*97.21* g	*2.12%*	Calories from Trans Fat
Trans Fat ²	*0.67* g	Dietary Fiber	2.59 g	Vitamin C	*3.0* mg	Ash ¹	*1.79* g	27.82%	Calories from Carbohydrates
								26.98%	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.