

# Cooking for Kids

## Recipe Sizing Report

000515 - Mongolian Chicken 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: 2 oz Grains: Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
006175 SAUCE,HOISIN,RTS..... 902936 Sambal Oelek Chili Sauce..... 011949 CATSUP,LOW SODIUM..... 902953 Vinegar, Rice Wine..... 004058 OIL,SESAME,SALAD OR COOKING....	1/3 cup + 4 tsp 1 1/4 Tbsp 1 cup + 1/2 Tbsp 1/3 cup + 4 tsp 1 1/4 tsp	1. In a large bowl or container, mix together hoisin, chili sauce, catsup, vinegar, and oil. Set aside for later.
011282 ONIONS,RAW..... 799939 GARLIC,RAW..... 011216 GINGER ROOT,RAW.....	1 1/4 CUP, chopped 1 Tbsp + 2 tsp 1 Tbsp + 2 tsp	
051520 Chicken, Diced, Cooked, Frozen.....	3 lbs + 2 ozs	3. Add chicken and continue to cook for 5 minutes.
011333 PEPPERS,SWT,GRN,RAW..... 011109 CABBAGE,RAW.....	4 1/8 CUP, chopped 1 1/3 CUP, shredded	4. Add peppers and cabbage and continue to cook for 3 minutes.  5. Add sauce and heat until internal temperature reaches 165° F. Hold hot for service.

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

Calories	106 kcal	Cholesterol	*42* mg	Sugars	*4.6* g	Calcium	9.93 mg	20.79%	Calories from Total Fat
Total Fat	2.44 g	Sodium	137 mg	Protein	12.65 g	Iron	0.57 mg	*0.66%*	Calories from Saturated Fat
Saturated Fat	*0.08* g	Carbohydrates	7.35 g	Vitamin A	239.1 IU	Water <sup>1</sup>	*43.59* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	0.82 g	Vitamin C	24.1 mg	Ash <sup>1</sup>	*0.71* g	27.79%	Calories from Carbohydrates
								47.85%	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.**