

Cooking for Kids

Recipe Sizing Report

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Mar 16, 2022

000113 - Monterey Chicken Flat Bread :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1 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
050385 OIL, VEGETABLE..... 799939 GARLIC,RAW..... 051520 Chicken, Diced, Cooked, Frozen.....	3 Tbsp + 1 tsp 3 Tbsp + 1 tsp (minced) 7 lbs + 12 ozs	1. In a large pot on medium heat, place oil, garlic, and chicken. Cook until chicken is thawed, or if already thawed, for 3 minutes.
011333 PEPPERS,SWT,GRN,RAW..... 011282 ONIONS,RAW..... 002075 SEASONING MIX,DRY,TACO,ORIGINAL..... 799902 CUMIN,GROUND.....	4 lbs + 2 2/3 ozs 4 lbs + 2 2/3 ozs 3 Tbsp + 1 tsp 1 Tbsp + 2 tsp	2. Add peppers, onions, and seasonings. Cook for an additional 5 minutes or until peppers and onions are tender. Internal temperature must reach 165° F.
902951 Bread Whole Grain Flatbread..... 901839 CHEESE, MOZZARELLA, LITE-COMMOD....	50 EACH 3 lbs + 2 ozs	3. To serve, place chicken mixture on each flatbread. Top with cheese and return to hot box to allow cheese to melt.

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

Calories	366 kcal	Cholesterol	61 mg	Sugars	*4.6* g	Calcium	242.69 mg	28.46%	Calories from Total Fat
Total Fat	11.59 g	Sodium	593 mg	Protein	29.42 g	Iron	2.35 mg	7.66%	Calories from Saturated Fat
Saturated Fat	3.12 g	Carbohydrates	34.79 g	Vitamin A	276.9 IU	Water ¹	*85.12* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.40 g	Vitamin C	34.9 mg	Ash ¹	*1.55* g	37.97%	Calories from Carbohydrates
								32.12%	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.