

Cooking for Kids

Recipe Sizing Report

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000578 - Mushroom Dust CACFP	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 25 Size of Portion: 1 tsp	Meat/Alt: Grains: Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011987 MUSHROOMS,OYSTER,RAW..... 902990 MUSHROOMS,SHIITAKE,RAW....	1 lb + 6 1/4 ozs 11 1/8 ozs	<p>1. Run cleaned mushrooms through the coarse slicer in a Robot Coupe or food processor.</p> <p>2. On four half sheet pans, or baking sheets, evenly spread the mushrooms then heat in a 175° F oven for 1 hour with fan on low and sheet pans, or baking sheets, staggered on racks for even flow.</p> <p>3. Let cool.</p> <p>4. Blend again until finely chopped then return to the oven for another 20-25 minutes or until moisture is gone.</p> <p>5. Let cool then store in an air-tight container.</p> <p>Tips: -Great for adding to stews or dressings.</p>

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

Calories	13 kcal	Cholesterol	*0* mg	Sugars	0.6 g	Calcium	1.01 mg	11.79%	Calories from Total Fat
Total Fat	0.17 g	Sodium	6 mg	Protein	1.12 g	Iron	0.39 mg	*1.12%*	Calories from Saturated Fat
Saturated Fat	*0.02* g	Carbohydrates	2.39 g	Vitamin A	*12.1* IU	Water ¹	33.78 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	0.89 g	Vitamin C	*0.0* mg	Ash ¹	0.35 g	75.88%	Calories from Carbohydrates
								35.44%	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.