

Cooking for Kids

Recipe Sizing Report

000323 - Oatmeal :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: EACH	Meat/Alt: Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
020033 OAT BRAN,RAW..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL...	1 1/2 gals + 1 cup 3 gals + 2 cups	1. Cook oats in boiling water according to packages instructions.
002010 CINNAMON,GROUND..... 901530 SUGARS,BROWN,LIGHT.....	3 Tbsp 1 CUP (packed)	2. Mix in cinnamon and sugar. Serve hot.

*Nutrients are based upon 1 Portion Size (EACH)

Calories	133 kcal	Cholesterol	0 mg	Sugars	*0.7* g	Calcium	42.71 mg	22.31%	Calories from Total Fat
Total Fat	3.31 g	Sodium	10 mg	Protein	8.15 g	Iron	2.61 mg	4.22%	Calories from Saturated Fat
Saturated Fat	0.63 g	Carbohydrates	35.82 g	Vitamin A	1.4 IU	Water ¹	239.95 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	7.49 g	Vitamin C	0.0 mg	Ash ¹	1.63 g	107.32%	Calories from Carbohydrates
								24.44%	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.