

Cooking for Kids

Recipe Sizing Report

000213 - Pesto Chicken Penne Pasta :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: each	Meat/Alt: 2 oz Grains: 1.75 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
051520 Chicken, Diced, Cooked, Frozen..... 902972 ITALIAN SEASONING.....	6 lbs + 4 ozs 1 1/2 cups	1. Toss chicken with Italian seasoning and let sit for one hour in refrigerator. Re-toss thawed chicken after marinating.
902919 PASTA, PENNE, MULTI-GRAIN, DRY.....	5 lbs	2. Cook the pasta to al dente. Cool slightly without too much rinsing.
002044 BASIL,FRESH..... 799939 GARLIC,RAW..... 001185 PARMESAN CHS TOPPING,FAT FREE..... 004053 OIL,OLIVE,SALAD OR COOKING..... 009153 LEMON JUC FROM CONC,CND OR BTLD...	1 GAL (leaves, whole) 1/2 CUP (MINCED) 1 qt + 2 cups 1/2 cup 2 cups	3. To make the pesto sauce, blend basil, garlic, parmesan, and olive oil for 90 seconds. Scrape and blend again for 15 seconds. Add the lemon juice. If not thin enough to toss with noodles, add more oil. 4. Heat chicken until internal temperature reaches 165° F and add 2 cups of pesto to the chicken. 5. Heat noodles and add remaining pesto. Combine chicken and noodles. Taste and adjust seasoning with non-salt seasoning. To serve, place 2 oz of chicken and 3/4 cup of noodles using a #16 scoop.

*Nutrients are based upon 1 Portion Size (each)

Calories	301 kcal	Cholesterol	44 mg	Sugars	*0.3* g	Calcium	103.45 mg	16.13%	Calories from Total Fat
Total Fat	5.39 g	Sodium	172 mg	Protein	22.15 g	Iron	2.63 mg	2.19%	Calories from Saturated Fat
Saturated Fat	0.73 g	Carbohydrates	39.09 g	Vitamin A	423.0 IU	Water ¹	*17.83* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.66 g	Vitamin C	4.4 mg	Ash ¹	*0.77* g	51.97%	Calories from Carbohydrates
								29.45%	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.