

Cooking for Kids

Recipe Sizing Report

000319 - Pickled Carrots and Radishes	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 100 Size of Portion: 1/2 cup	Meat/Alt: Grains: Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011124 CARROTS,RAW..... 011429 RADISHES,RAW.....	16 lbs + 11 ozs 16 lbs + 11 ozs	1. Blanch thin-cut carrots and thin-sliced radishes. Do not blanch frozen carrots.
014429 BEVERAGES,H2O,TAP,MUNICIPAL... 002048 VINEGAR,CIDER..... 019335 SUGARS,GRANULATED..... 799986 SALT, KOSHER..... 902979 Pickling Spice.....	1 gal + 3/4 cup 4 gals + 2 3/4 cups 2 gals + 1 1/4 cups 1 cup + 1/2 Tbsp 1 lb + 9 ozs	2. Place brine (remaining ingredients) in saucepan and heat until sugar dissolves. Set aside to cool. 3. Once cooled down, pour over carrots and radishes in tub and chill overnight.

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

Calories	*337* kcal	Cholesterol	*0* mg	Sugars	*72.7* g	Calcium	*56.83* mg	*0.69%*	Calories from Total Fat
Total Fat	*0.26* g	Sodium	*871* mg	Protein	*1.22* g	Iron	*0.84* mg	*0.13%*	Calories from Saturated Fat
Saturated Fat	*0.05* g	Carbohydrates	*78.48* g	Vitamin A	*12634.8* IU	Water ¹	*327.34* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*3.33* g	Vitamin C	*15.6* mg	Ash ¹	*1.47* g	*93.28%*	Calories from Carbohydrates
								1.45%	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.