

# Cooking for Kids

## Recipe Sizing Report

000580 - Pickled Carrots and Radishes CACFP	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 25 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.....	4 lbs + 2 2/3 ozs 4 lbs + 2 2/3 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.....	4 1/4 cups 16 2/3 cups 8 1/3 cups 1/4 cup + 1/2 tsp 6 1/4 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 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 <sup>1</sup>	*327.34* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	*3.33* g	Vitamin C	*15.6* mg	Ash <sup>1</sup>	*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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - 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.**