

Cooking for Kids

Recipe Sizing Report

| 000388 - Ranch Roasted Chickpeas CACFP : | Components | Attributes | Allergens Present | Allergens Absent | Allergens Unidentified |
|--|--|------------|-------------------|------------------|--|
| HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: 1/4 Cups | Meat/Alt: Grains: Fruit: Vegetable: 0.25 cup Milk: | | | | ? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat |

| Ingredients | Measures | Instructions |
|---|--------------------------------------|---|
| 799960 BEANS, CANNED, GARBANZO (CHICKPEAS), LOW.... | 7 3/8 cups | 1. Preheat oven to 400° F. Line large baking sheet with a silicone baking mat or parchment paper. Set aside. 2. In a large strainer, rinse and drain the chickpeas very well to remove the starch. Spread them out onto prepared baking sheet and pat very, very dry or leave them out to dry. The drier the chickpeas, the crunchier they will be. The skin of the bean may peel off as you pat them dry, that is ok. |
| 004679 OIL,PAM COOKING SPRAY,ORIGINAL..... 902937 Ranch Mix..... | 5 spray , about 1/3 second 8 Tbsp | 3. Place chickpeas onto baking sheet, do not over crowd the pan, there should only be one layer of beans. Spray them evenly with cooking spray and sprinkle the ranch seasoning onto the beans, ensuring that they are evenly coated. Place into the oven and roast for 15 minutes. 4. Remove from the oven and let cool. Chickpeas are crunchiest on the first day. Store at room temperature. |

*Nutrients are based upon 1 Portion Size (1/4 Cups)

| | | | | | | | | | |
|------------------------|---------|---------------|---------|-----------|-----------|--------------------|------------|--------|-----------------------------|
| Calories | 85 kcal | Cholesterol | 0 mg | Sugars | *0.0* g | Calcium | *22.41* mg | 9.02% | Calories from Total Fat |
| Total Fat | 0.85 g | Sodium | 92 mg | Protein | 3.50 g | Iron | *0.96* mg | 0.93% | Calories from Saturated Fat |
| Saturated Fat | 0.09 g | Carbohydrates | 16.10 g | Vitamin A | *17.1* IU | Water ¹ | *0.00* g | 0.00% | Calories from Trans Fat |
| Trans Fat ² | 0.00 g | Dietary Fiber | 3.13 g | Vitamin C | *2.7* mg | Ash ¹ | *0.00* g | 75.58% | Calories from Carbohydrates |
| | | | | | | | | 16.45% | 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.