

# Cooking for Kids

## Recipe Sizing Report

000054 - Roasted Butternut Squash :	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: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011485 SQUASH,WNTR,BUTTERNUT,RAW....	3 gals + 2 cups	1. Peel and medium dice squash.
799939 GARLIC,RAW.....	1/2 cup	2. Combine squash, minced garlic, rosemary, oil, and salt in a large bowl. Toss until vegetables are fully coated.  3. Place in a single layer on a sheet tray with parchment paper. Roast in 400° F oven for 30 minutes or until tender. Hold hot for service.
002063 ROSEMARY,FRESH.....	1/4 cup	
050385 OIL, VEGETABLE.....	2 Tbsp	
799986 SALT, KOSHER.....	2 Tbsp	

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

Calories	35 kcal	Cholesterol	0 mg	Sugars	*1.5* g	Calcium	35.10 mg	9.00%	Calories from Total Fat
Total Fat	0.35 g	Sodium	97 mg	Protein	0.75 g	Iron	0.51 mg	1.48%	Calories from Saturated Fat
Saturated Fat	0.06 g	Carbohydrates	8.43 g	Vitamin A	7443.5 IU	Water <sup>1</sup>	*60.94* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.43 g	Vitamin C	14.9 mg	Ash <sup>1</sup>	*0.57* g	96.22%	Calories from Carbohydrates
								8.52%	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.