

# Cooking for Kids

## Recipe Sizing Report

| 000561 - Roasted Okra  | Components   | Attributes | Allergens Present | Allergens Absent | Allergens Unidentified   |
|--|--|------------|-------------------|------------------|--|
| HACCP Process: #2 Same Day Service<br>Number of Portions: 50<br>Size of Portion: 1/4 CUP | Meat/Alt:<br>Grains:<br>Fruit:<br>Vegetable: 0.25 cup<br>Milk: |            |                   |                  | ? - Milk<br>? - Egg<br>? - Peanut<br>? - Tree Nut<br>? - Fish<br>? - Shellfish<br>? - Soy<br>? - Wheat |

| Ingredients   | Measures                              | Instructions   |
|---|---------------------------------------|--|
| 011278 OKRA,RAW.....<br>050385 OIL, VEGETABLE.....                  | 1 1/2 gals + 1 cup<br>1/3 cup + 2 tsp | 1. Cut fresh okra into 1/2 inch circles, then toss in oil.   |
| 799903 GARLIC,GRANULATED.....<br>001146 CHEESE,PARMESAN,SHREDDED... | 2 Tbsp<br>1 cup                       | 2. Mix in granulated garlic and parmesan cheese with okra and toss together until fully coated.<br><br>3. Bake on sheet trays lined with parchment paper for 10 minutes at 375° F. After 10 minutes, stir and bake for another 10 minutes until tender.<br><br>4. Store on sheet trays until service time in warming oven. |

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

|                        |          |               |        |           |          |                    |           |         |                             |
|------------------------|----------|---------------|--------|-----------|----------|--------------------|-----------|---------|-----------------------------|
| Calories               | 39 kcal  | Cholesterol   | 1 mg   | Sugars    | *0.8* g  | Calcium            | 61.32 mg  | 50.45%  | Calories from Total Fat     |
| Total Fat              | 2.17 g   | Sodium        | 31 mg  | Protein   | 1.63 g   | Iron               | 0.33 mg   | 12.37%  | Calories from Saturated Fat |
| Saturated Fat          | 0.53 g   | Carbohydrates | 4.02 g | Vitamin A | 371.8 IU | Water <sup>1</sup> | *45.21* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>2</sup> | *0.00* g | Dietary Fiber | 1.63 g | Vitamin C | 11.6 mg  | Ash <sup>1</sup>   | *0.54* g  | 41.64%  | Calories from Carbohydrates |
|                        |          |               |        |           |          |                    |           | 16.84%  | 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.**