

Cooking for Kids

Recipe Sizing Report

000341 - Roasted Okra CACFP	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1/4 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011278 OKRA,RAW..... 050385 OIL, VEGETABLE.....	12 1/2 cups 3 Tbsp	1. Cut fresh okra into 1/2 inch circles, then toss in oil.
799903 GARLIC,GRANULATED..... 001146 CHEESE,PARMESAN,SHREDDED...	1 Tbsp 1/2 cup	2. Mix in granulated garlic and parmesan cheese with okra and toss together until fully coated. 3. Bake on baking sheets lined with parchment paper for 10 minutes at 375° F. After 10 minutes, stir and bake for another 10 minutes until tender. 4. Store on baking sheets until service time in oven on warm setting.

*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 ¹	*45.21* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.63 g	Vitamin C	11.6 mg	Ash ¹	*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

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.