

Cooking for Kids

Recipe Sizing Report

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Jan 26, 2022

000381 - Roasted Turnips 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
011564 TURNIPS,RAW..... 011282 ONIONS,RAW..... 002063 ROSEMARY,FRESH... 002049 THYME,FRSH..... 799939 GARLIC,RAW.....	8 1/8 cup 2 1/2 cup 1/2 Tbsp 1 1/8 tsp 1 1/8 tsp	1. Medium dice turnips and onions. Remove leaves of herbs from the stems and chop. Mince garlic.
050385 OIL, VEGETABLE..... 799986 SALT, KOSHER..... 002030 PEPPER,BLACK.....	1 Tbsp 3/8 tsp 3/8 TSP (ground)	2. In a large bowl, combine all ingredients. Toss until turnips and onions are well coated in oil and herbs. 3. Place mixture onto baking sheet that is lined with parchment paper. Roast in 400° F oven for 20 minutes or until golden brown and tender. Hold hot and uncovered for service.

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

Calories	23 kcal	Cholesterol	0 mg	Sugars	*2.3* g	Calcium	16.90 mg	23.47%	Calories from Total Fat
Total Fat	0.61 g	Sodium	52 mg	Protein	0.57 g	Iron	0.17 mg	3.61%	Calories from Saturated Fat
Saturated Fat	0.09 g	Carbohydrates	4.26 g	Vitamin A	3.5 IU	Water ¹	*52.82* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.05 g	Vitamin C	10.1 mg	Ash ¹	*0.35* g	73.28%	Calories from Carbohydrates
								9.75%	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.