

Cooking for Kids

Recipe Sizing Report

000129 - Sloppy Joe :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
023572 BEEF,GROUND,80% LN MEAT / 20% FAT,RAW... 011282 ONIONS,RAW.....	14 lbs + 6 ozs 1 lb + 2/3 oz	1. Cook ground beef until fully cooked (drain). Add chopped onions.
799939 GARLIC,RAW..... 051500 Tomato Paste, No Salt Added, Canned..... 011949 CATSUP,LOW SODIUM..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 002053 VINEGAR,DISTILLED.....	2 cups + 1 TBSP (MINCED) 2 lbs + 14 2/3 ozs 3 lbs + 2 ozs 3 1/3 cup 1 3/4 cups + 2 Tbsp	2. Add garlic, tomato paste, catsup, water, and vinegar and let cook for 20 minutes.
799904 MUSTARD,POWDER/DRY..... 002030 PEPPER,BLACK..... 901530 SUGARS,BROWN,LIGHT..... 902962 Bread, Whole Grain Bun 2oz.....	3 Tbsp + 1 tsp 1 5/8 TSP (ground) 3/4 cup + 1 TBSP (packed) 50 Each	3. Add in mustard, pepper, and brown sugar. Let cook until internal temperature reaches 165° F. Season to taste. Hold hot for service. 4. To serve, place sloppy joe mixture on buns.

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

Calories	532 kcal	Cholesterol	92 mg	Sugars	*11.7* g	Calcium	108.36 mg	47.01%	Calories from Total Fat
Total Fat	27.77 g	Sodium	340 mg	Protein	28.10 g	Iron	4.88 mg	16.72%	Calories from Saturated Fat
Saturated Fat	9.88 g	Carbohydrates	44.40 g	Vitamin A	*582.6* IU	Water ¹	*135.99* g	*2.60%*	Calories from Trans Fat
Trans Fat ²	*1.53* g	Dietary Fiber	4.32 g	Vitamin C	9.8 mg	Ash ¹	*2.11* g	33.40%	Calories from Carbohydrates
								21.14%	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.