

Cooking for Kids

Recipe Sizing Report

000351 - Sloppy Joe CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 25 Size of Portion: 1/2 Sandwiches	Meat/Alt: 1.5 oz Grains: 1 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.....	3 lbs + 5 1/3 ozs 3/4 cup	1. In a large pot on stove top, cook ground beef until fully cooked (drain). Add chopped onions. If using beef crumbles, heat until hot and 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.....	1/2 cup + 1 TSP (MINCED) 1 1/3 cups 1 1/3 cups 7/8 cup 1/3 cup + 6 1/2 tsp	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.....	2 1/2 tsp 3/8 TSP (ground) 3 Tbsp + 1 TSP (packed) 12 1/2 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 3 oz on each bun and cut in half.

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

Calories	254 kcal	Cholesterol	43 mg	Sugars	*5.9* g	Calcium	53.33 mg	45.89%	Calories from Total Fat
Total Fat	12.95 g	Sodium	167 mg	Protein	13.24 g	Iron	2.35 mg	16.24%	Calories from Saturated Fat
Saturated Fat	4.58 g	Carbohydrates	22.20 g	Vitamin A	*290.6* IU	Water ¹	*65.08* g	*2.52%*	Calories from Trans Fat
Trans Fat ²	*0.71* g	Dietary Fiber	2.16 g	Vitamin C	4.9 mg	Ash ¹	*1.02* g	34.97%	Calories from Carbohydrates
								20.86%	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.