

Cooking for Kids

Recipe Sizing Report

000141 - Southwest Quinoa Enchilada	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 2 each	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
020035 QUINOA,UNCKD.....	3 lbs	1. Cook quinoa following the packages instructions.
051529 Beans, Black (Turtle), Low-sodium, Canne..... 051504 Tomatoes, Diced, No Salt Added, Canned..... 011821 PEPPERS,SWT,RED,RAW..... 011165 CORIANDER (CILANTRO) LEAVES,RAW.....	8 ozs 3 lbs 6 ozs 2 ozs	2. Drain and rinse black beans, drain tomatoes, dice red peppers, and chop cilantro.
799947 PEPPERS,CHILI,GRN,CND..... 050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM... 051558 Cheese, Mozzarella, Lite, Shredded..... 799903 GARLIC,GRANULATED..... 002009 CHILI POWDER..... 799902 CUMIN,GROUND..... 799986 SALT, KOSHER.....	12 ozs 4 ozs 6 lbs 1 Tbsp 1/2 Tbsp 1 tsp 1/2 tsp	3. Mix black beans, tomatoes, red peppers, cilantro, green chili peppers, corn, cheese, garlic, chili powder, cumin, and salt. Pour this mixture into cooked quinoa and mix.
799973 TORTILLA, WHOLE WHEAT 6".....	100 TORTILLA 6"	4. Place 1/2 cup of mixture onto each tortilla and roll. Place in 2 inch hotel pans, cover with foil, and bake for 15 minutes in a 350° F oven.
027063 SAUCE,ENCHILADA,RED,MILD,READY TO SERVE.....	1 lb + 9 ozs	5. To serve, place two enchiladas on tray and top with 1/2 oz of enchilada sauce.

*Nutrients are based upon 1 Portion Size (2 each)

Calories	415 kcal	Cholesterol	19 mg	Sugars	*1.1* g	Calcium	*184.09* mg	25.20%	Calories from Total Fat
Total Fat	11.61 g	Sodium	900 mg	Protein	24.07 g	Iron	*3.22* mg	13.14%	Calories from Saturated Fat
Saturated Fat	6.06 g	Carbohydrates	53.13 g	Vitamin A	*438.6* IU	Water ¹	*27.17* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	6.82 g	Vitamin C	*9.8* mg	Ash ¹	*1.05* g	51.25%	Calories from Carbohydrates
								23.22%	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.