

Cooking for Kids

Recipe Sizing Report

Page 1

Apr 13, 2022

000140 - Southwest Quinoa Salad :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 3/4 CUP	Meat/Alt: Grains: 2 oz Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
020035 QUINOA, UNCKD.....	5 lbs	1. Cook quinoa following the packages instructions. Let cool.
051529 Beans, Black (Turtle), Low-sodium, Canne..... 011821 PEPPERS, SWT, RED, RAW..... 011165 CORIANDER (CILANTRO) LEAVES, RAW..... 050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...	8 ozs 6 ozs 2 ozs 4 ozs	2. Drain and rinse black beans, dice red pepper, and chop cilantro, then mix with corn.
799986 SALT, KOSHER..... 002009 CHILI POWDER..... 799902 CUMIN, GROUND..... 050385 OIL, VEGETABLE..... 002068 VINEGAR, RED WINE.....	1/2 tsp 1/2 Tbsp 1 tsp 2 Tbsp 1/4 cup + 1 Tbsp	3. Once quinoa is cooled, mix all ingredients together and let chill for 30 minutes before serving.

*Nutrients are based upon 1 Portion Size (3/4 CUP)

Calories	179 kcal	Cholesterol	*0* mg	Sugars	*0.2* g	Calcium	24.63 mg	16.80%	Calories from Total Fat
Total Fat	3.35 g	Sodium	26 mg	Protein	6.80 g	Iron	2.27 mg	2.04%	Calories from Saturated Fat
Saturated Fat	0.41 g	Carbohydrates	30.61 g	Vitamin A	218.4 IU	Water ¹	*11.63* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.67 g	Vitamin C	*4.7* mg	Ash ¹	*1.13* g	68.21%	Calories from Carbohydrates
								15.16%	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.