

# Cooking for Kids

## Recipe Sizing Report

| 000177 - Sriracha Mac n Cheese :   | Components  | Attributes | Allergens Present | Allergens Absent | Allergens Unidentified   |
|--|---|------------|-------------------|------------------|--|
| HACCP Process: #2 Same Day Service<br>Number of Portions: 50<br>Size of Portion: 1 CUP | Meat/Alt: 2 oz<br>Grains: 2 oz<br>Fruit:<br>Vegetable:<br>Milk: |            |                   |                  | ? - Milk<br>? - Egg<br>? - Peanut<br>? - Tree Nut<br>? - Fish<br>? - Shellfish<br>? - Soy<br>? - Wheat |

| Ingredients   | Measures                          | Instructions   |
|---|-----------------------------------|--|
| 902988 MACARONI, WHOLE GRAIN, DRY.....  | 5 lbs                             | 1. Cook pasta in boiling water for 7-10 minutes. Pasta should be tender but not mushy.   |
| 902948 Italian Cheese Sauce Commodity Processed.....<br>001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT... | 11 lbs + 8 ozs<br>1 1/2 PINT      | 2. In a large pot or tilt skillet, place cheese sauce and milk. Stir until cheese is fully melted and milk is fully incorporated.            |
| 002030 PEPPER,BLACK.....<br>799902 CUMIN,GROUND.....<br>902956 Sauce, Sriracha.....                       | 1 TSP (ground)<br>1 tsp<br>2 cups | 3. Add pasta, seasonings, and sriracha and heat until internal temperature reaches 165° F. Portion into hotel pans and hold hot for service. |

\*Nutrients are based upon 1 Portion Size (1 CUP)

|                        |          |               |         |           |           |                    |           |         |                             |
|------------------------|----------|---------------|---------|-----------|-----------|--------------------|-----------|---------|-----------------------------|
| Calories               | 335 kcal | Cholesterol   | 38 mg   | Sugars    | *2.0* g   | Calcium            | 405.20 mg | 35.09%  | Calories from Total Fat     |
| Total Fat              | 13.05 g  | Sodium        | 854 mg  | Protein   | 16.95 g   | Iron               | 1.68 mg   | 20.36%  | Calories from Saturated Fat |
| Saturated Fat          | 7.57 g   | Carbohydrates | 40.76 g | Vitamin A | 2171.5 IU | Water <sup>1</sup> | *13.17* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>2</sup> | *0.00* g | Dietary Fiber | 3.76 g  | Vitamin C | 29.9 mg   | Ash <sup>1</sup>   | *0.12* g  | 48.70%  | Calories from Carbohydrates |
|                        |          |               |         |           |           |                    |           | 20.26%  | 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  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.