

Cooking for Kids

Recipe Sizing Report

| 000079 - Taco Pizza : | Components | Attributes | Allergens Present | Allergens Absent | Allergens Unidentified |
|---|---|------------|-------------------|------------------|--|
| HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1 SLICE | Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk: | | | | ? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat |

| Ingredients | Measures | Instructions |
|--|--|--|
| 902949 Pizza Crust, Whole Wheat..... | 12 1/2 EACH | 1. Par bake pizza crust at 375° F until lightly browned, about 5-7 minutes. |
| 051506 Beef, Crumbles w/SPP, Cooked, Frozen..... 002075 SEASONING MIX, DRY, TACO, ORIGINAL..... 902948 Italian Cheese Sauce Commodity Processed..... 051558 Cheese, Mozzarella, Lite, Shredded..... | 4 lbs + 11 ozs 6 1/4 ozs 6 lbs + 4 ozs 7 lbs + 5 ozs | 2. Combine ground beef crumbles with taco seasoning. Combine cheese sauce and mozzarella cheese shreds. 3. Top each pizza with 18 oz of cheese sauce mixture and 1.5 cups of seasoned ground beef. Bake 10-12 minutes until pizzas are cooked thoroughly and reach a temperature of 165° F. |
| 799940 LETTUCE, COS OR ROMAINE, RAW..... 011529 TOMATOES, RED, RIPE, RAW, YEAR RND AVERAGE.... 902985 CHIPS, TORTILLA, OVEN BAKED, REGULAR, WH..... | 1 qt + 2 1/4 CUPS (shredded) 1 qt + 2 1/4 CUPS (chopped) 1 lb + 2/3 oz | 4. Top with 1/2 cup lettuce, 1/2 cup tomatoes, and 1/2 cup crushed tortilla chips. Cut each pizza into 8 slices. Hold warm for service. |

*Nutrients are based upon 1 Portion Size (1 SLICE)

| | | | | | | | | | |
|------------------------|----------|---------------|---------|-----------|------------|--------------------|-------------|---------|-----------------------------|
| Calories | 346 kcal | Cholesterol | 36 mg | Sugars | *4.8* g | Calcium | *112.07* mg | 29.96% | Calories from Total Fat |
| Total Fat | 11.52 g | Sodium | 753 mg | Protein | 22.37 g | Iron | *2.04* mg | 14.95% | Calories from Saturated Fat |
| Saturated Fat | 5.75 g | Carbohydrates | 38.72 g | Vitamin A | *449.2* IU | Water ¹ | *13.51* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 4.43 g | Vitamin C | *1.7* mg | Ash ¹ | *0.64* g | 44.76% | Calories from Carbohydrates |
| | | | | | | | | 25.85% | 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.