

# 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: 50 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.....	6 1/4 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.....	2 lbs + 5 1/2 ozs 3 1/8 ozs	2. Combine ground beef crumbles with taco seasoning. Combine cheese sauce and mozzarella cheese shreds.
902948 Italian Cheese Sauce Commodity Processed..... 051558 Cheese, Mozzarella, Lite, Shredded.....	3 lbs + 2 ozs 3 lbs + 10 1/3 ozs	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.....	3 1/8 CUPS (shredded) 3 1/8 CUPS (chopped) 8 1/3 ozs	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 <sup>1</sup>	*13.51* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	4.43 g	Vitamin C	*1.7* mg	Ash <sup>1</sup>	*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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - 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.**