

Cooking for Kids

Recipe Sizing Report

000374 - Taco Pizza CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1 SLICE	Meat/Alt: 1.5 oz Grains: 1.5 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902949 Pizza Crust, Whole Wheat.....	2 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.....	15 ozs 4 1/8 Tbsp 2 1/4 cups 5 3/4 cups	2. Combine ground beef crumbles with taco seasoning. Combine cheese sauce and mozzarella cheese shreds. 3. Top each pizza with 3 cups 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 1/4 CUPS (shredded) 1 1/4 CUPS (chopped) 3 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 10 slices. Hold warm for service.

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

Calories	277 kcal	Cholesterol	29 mg	Sugars	*3.9* g	Calcium	*89.66* mg	29.96%	Calories from Total Fat
Total Fat	9.22 g	Sodium	602 mg	Protein	17.89 g	Iron	*1.64* mg	14.95%	Calories from Saturated Fat
Saturated Fat	4.60 g	Carbohydrates	30.98 g	Vitamin A	*359.4* IU	Water ¹	*10.81* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.54 g	Vitamin C	*1.3* mg	Ash ¹	*0.51* 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.