

Cooking for Kids

Recipe Sizing Report

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Aug 26, 2022

000147 - Thai Chicken and Basil Barley :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1 1/2 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
002044 BASIL,FRESH..... 001185 PARMESAN CHS TOPPING,FAT FREE... 799986 SALT, KOSHER..... 002030 PEPPER,BLACK..... 799939 GARLIC,RAW..... 011457 SPINACH,RAW..... 004053 OIL,OLIVE,SALAD OR COOKING.....	8 ozs 1 1/2 cups 2 Tbsp 1 TBSP (ground) 1/4 cup 3 cups 1 qt	1. Thoroughly wash basil before using. Place basil, cheese, salt, pepper, garlic, and spinach in Robot Coupe and pulse until combined. Stream in oil until an emulsion is formed. Taste and adjust seasoning as needed.
020004 BARLEY,HULLED.....	2 gals + 3 cups	2. Cook barley according to instructions on package. Mix with pesto after fully cooked. Hold hot for service.
051520 Chicken, Diced, Cooked, Frozen..... 902970 THAI SWEET CHILE SAUCE.....	19 lbs 1 gal	3. In a hotel pan, combine diced chicken and chili sauce. Cover with foil and bake in 350° F oven for 20 minutes or until internal temperature reaches 165° F. Hold hot for service. 4. To serve, place 1 cup of barley on tray and top with 1/2 cup chicken mixture.

*Nutrients are based upon 1 Portion Size (1 1/2 CUP)

Calories	548 kcal	Cholesterol	*64* mg	Sugars	*26.1* g	Calcium	36.76 mg	21.76%	Calories from Total Fat
Total Fat	13.24 g	Sodium	816 mg	Protein	26.88 g	Iron	3.08 mg	2.54%	Calories from Saturated Fat
Saturated Fat	1.54 g	Carbohydrates	81.33 g	Vitamin A	220.4 IU	Water ¹	*9.30* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	11.22 g	Vitamin C	2.6 mg	Ash ¹	*1.61* g	59.40%	Calories from Carbohydrates
								19.63%	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.