

Cooking for Kids

Recipe Sizing Report

000380 - Tomato Soup CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
051504 Tomatoes, Diced, No Salt Added, Canned..... 011886 TOMATO JUC,CND,WO/ SALT ADDED.....	6 1/8 cups 6 cups	1. In a large pot, bring diced tomatoes and tomato juice to a boil. Reduce heat and simmer, uncovered for 30 minutes. 2. Place tomato mixture into a blender or food processor and blend until smooth, or leave chunky if desired.
001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT... 799986 SALT, KOSHER..... 002030 PEPPER,BLACK..... 002044 BASIL,FRESH..... 001186 CHEESE,CREAM,FAT FREE.....	1 1/2 cups 1/2 Tbsp 1/2 TSP (ground) 1/2 CUP (chopped) 1/4 cup	3. Return to heat and add milk, seasonings, and cream cheese. Continue to cook over medium heat until all is fully incorporated. Hold hot for service, above 135° F.

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

Calories	31 kcal	Cholesterol	1 mg	Sugars	*3.8* g	Calcium	43.54 mg	9.91%	Calories from Total Fat
Total Fat	0.34 g	Sodium	129 mg	Protein	1.86 g	Iron	0.62 mg	3.47%	Calories from Saturated Fat
Saturated Fat	0.12 g	Carbohydrates	5.45 g	Vitamin A	559.2 IU	Water ¹	*70.54* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.74 g	Vitamin C	46.9 mg	Ash ¹	*0.85* g	70.47%	Calories from Carbohydrates
								24.05%	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.