

Cooking for Kids

Recipe Sizing Report

| 000562 - Trail Mix : | Components | Attributes | Allergens Present | Allergens Absent | Allergens Unidentified |
|---|--|------------|-------------------|------------------|--|
| HACCP Process: No HACCP Process Number of Portions: 50 Size of Portion: 1/2 Cup | Meat/Alt: Grains: 1 oz Fruit: Vegetable: Milk: | | | | ? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat |

| Ingredients | Measures | Instructions |
|--|---|--|
| 902984 CEREALS RTE,GENERAL MILLS,CHEERIOS,BANAN.... 902993 RAISINS, SEEDLESS, NOT PACKED..... 120299 Whole Grain Goldfish Cracker - Cheddar..... | 1 1/4 gals 1 gal + 1 1/2 cups 5 lbs | 1. Mix all ingredients together in a large bowl and portion into 1/2 cup portions. |

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

| | | | | | | | | | |
|------------------------|----------|---------------|---------|-----------|------------|--------------------|-----------|--------|-----------------------------|
| Calories | 420 kcal | Cholesterol | 8 mg | Sugars | *4.9* g | Calcium | 123.87 mg | 17.99% | Calories from Total Fat |
| Total Fat | 8.39 g | Sodium | 448 mg | Protein | 6.92 g | Iron | 4.87 mg | 3.53% | Calories from Saturated Fat |
| Saturated Fat | 1.65 g | Carbohydrates | 81.56 g | Vitamin A | *266.7* IU | Water ¹ | *0.33* g | 0.00% | Calories from Trans Fat |
| Trans Fat ² | 0.00 g | Dietary Fiber | 5.83 g | Vitamin C | *9.2* mg | Ash ¹ | *0.52* g | 77.75% | Calories from Carbohydrates |
| | | | | | | | | 6.59% | 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.