

Cooking for Kids

Recipe Sizing Report

000402 - Trail Mix CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 25 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.....	10 cups 8 3/4 cups 21 3/8 cups	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.