

Cooking for Kids

Recipe Sizing Report

000391 - Tzatziki Sauce CACFP	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: 1 oz.	Meat/Alt: Grains: Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
001118 YOGURT,PLN,SKIM MILK..... 001178 SOUR CREAM,REDUCED FAT...	2 1/2 cups 16 Tbsp	1. Mix together yogurt and sour cream.
011206 CUCUMBER,PEELED,RAW.....	3 cups	2. Peel and seed cucumbers, then small dice.
011297 PARSLEY,FRSH..... 002045 DILL WEED,FRSH.....	1 Tbsp 1 Tbsp	3. Finely chop parsley and dill for a total of 6 tbsp, chopped.
799986 SALT, KOSHER..... 799903 GARLIC,GRANULATED.....	1/2 Tbsp 2 Tbsp	4. Combine all ingredients and serve chilled.

*Nutrients are based upon 1 Portion Size (1 oz.)

Calories	32 kcal	Cholesterol	3 mg	Sugars	*2.1* g	Calcium	62.61 mg	33.10%	Calories from Total Fat
Total Fat	1.16 g	Sodium	118 mg	Protein	2.15 g	Iron	0.09 mg	20.28%	Calories from Saturated Fat
Saturated Fat	0.71 g	Carbohydrates	3.26 g	Vitamin A	61.2 IU	Water ¹	*41.97* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.18 g	Vitamin C	1.1 mg	Ash ¹	*0.44* g	41.43%	Calories from Carbohydrates
								27.34%	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.