

# Cooking for Kids

## Recipe Sizing Report

000314 - Vinaigrette	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 100 Size of Portion: 1/8 cup	Meat/Alt: Grains: Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
004644 OIL, INDUSTRIAL, CANOLA FOR SALADS, WOKS &.... 901031 MUSTARD, POWDER/DRY..... 002048 VINEGAR, CIDER..... 799986 SALT, KOSHER..... 002030 PEPPER, BLACK.....	3 qts + 1 1/4 cups 2 Tbsp 1 qt + 1 3/8 cups 2 tsp 5/8 tsp	1. Mix oil, dry mustard, vinegar, salt, and pepper to create an emulsion.
002045 DILL WEED, FRSH.....	2/3 oz	2. Add in finely chopped dill at the end. Stir to incorporate the flavor of the herbs throughout the emulsion.  <u>Tips:</u> -You can use rice wine vinegar in place of apple cider vinegar. -You can replace the dill with any other herb such as oregano or thyme.

\*Nutrients are based upon 1 Portion Size (1/8 cup)

Calories	260 kcal	Cholesterol	0 mg	Sugars	*0.1* g	Calcium	2.52 mg	100.54%	Calories from Total Fat
Total Fat	29.08 g	Sodium	32 mg	Protein	0.06 g	Iron	0.06 mg	7.79%	Calories from Saturated Fat
Saturated Fat	2.25 g	Carbohydrates	0.22 g	Vitamin A	14.8 IU	Water <sup>1</sup>	*12.11* g	*1.78%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.51* g	Dietary Fiber	0.04 g	Vitamin C	0.2 mg	Ash <sup>1</sup>	*0.04* g	0.34%	Calories from Carbohydrates
								0.10%	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  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.