

# Cooking for Kids

## Recipe Sizing Report

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000249 - White Bean Dip	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 100 Size of Portion: unit	Meat/Alt: Grains: Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
799959 BEANS, CANNED, GREAT NORTHERN, LOW-SODIU... 799947 PEPPERS, CHILI, GRN, CND..... 799939 GARLIC, RAW..... 009153 LEMON JUC FROM CONC, CND OR BTLD..... 002009 CHILI POWDER..... 799902 CUMIN, GROUND.....	31 lbs + 3 ozs 1 qt 1/2 cup 2 cups 1/2 cup 1/2 cup	1. In the bowl of a food processor, combine beans, chili peppers, garlic, lemon juice, chili powder, and cumin.
004053 OIL, OLIVE, SALAD OR COOKING.....	1 qt	2. With the motor running, add olive oil in a slow stream until emulsified.  3. Serve with pita bread or tortilla chips if desired.

\*Nutrients are based upon 1 Portion Size (unit)

Calories	244 kcal	Cholesterol	0 mg	Sugars	*0.1* g	Calcium	85.18 mg	34.73%	Calories from Total Fat
Total Fat	9.42 g	Sodium	194 mg	Protein	10.71 g	Iron	2.81 mg	5.13%	Calories from Saturated Fat
Saturated Fat	1.39 g	Carbohydrates	31.05 g	Vitamin A	207.2 IU	Water <sup>1</sup>	*10.26* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	7.34 g	Vitamin C	4.7 mg	Ash <sup>1</sup>	*0.21* g	50.88%	Calories from Carbohydrates
								17.56%	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.

**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.