

KIPP Austin Public Schools

Page 1

Recipe Sizing Report

Feb 2, 2016

000497 - CHICKEN POZOLE : KIPP AUSTIN	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 75 Size of Portion: 8 OZ	Meat/Alt: 2 oz Grains: Fruit: Vegetable: 0.125 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
050542 TOMATOES, DICED, LOW-SODIUM, CANNED.... 900583 FAJITA CHICKEN, DARK MEAT, TYSON..... 011282 ONIONS,RAW..... 011215 GARLIC,RAW..... 902645 HOMINY,CANNED,WHITE.....	3/4 #10 Can 14 lbs + 1 oz 1 lb 1 1/4 ozs 1 2/3 #10 Cans	PREP DICE ONIONS AND GARLIC OPEN AND DRAIN HOMINY WEIGH OUT CHICKEN AND PLACE INTO HOTEL PANS COVER WITH FOIL AND PARCHEMENT PAPER, COOK IN OVEN ON 350 UNTIL IT REACHES 165 OR HIGHER. CCP: Heat to 165° F or higher for at least 15 seconds
004698 OIL,INDUSTRIAL,CANOLA,HI OLEIC..... 902713 CHICKEN BASE, LOW SODIUM..... 002009 CHILI POWDER..... 900942 CUMIN,GROUND..... 901521 OREGANO LEAVES,DRIED..... 002028 PAPRIKA..... 799968 CILANTRO..... 009160 LIME JUICE,RAW..... 001145 BUTTER,WITHOUT SALT..... 014429 WATER,MUNICIPAL.....	1/2 cup 4 ozs 1 1/4 ozs 1/4 oz 1/4 oz 1 1/4 ozs 1 CUP (MINCED) 1/4 cup 4 ozs 3 1/2 gals	COOK IN A PREHEATED TILT SKILLET, SAUTE THE ONIONS AND GARLIC IN OIL AND BUTTER FOR 10 MINUTES UNTIL TENDER. ADD THE TOMATOES AND ALL THE WEIGHED OUT DRY SEASONINGS. SAUTE FOR 5 MINUTES MIX MEASURED CHICKEN BASE IN WATER AND ADD TO SKILLET, BRING TO A SIMMER. ADD THE MEASURED HOMINY. ADD CILANTRO AND LIME JUICE. SIMMER FOR APPROXIMATELY 10-15 MINUTES UNTIL SOUP REACHES 155 DEGREES OR HIGHER CCP: Heat to 155° F or higher for at least 15 Seconds
		PAN TRANSFER EQUAL AMOUNTS OF SOUP INTO 400' HOTEL PANS COVER, LABEL AND MOVE TO WARMER FOR HOLDING. REMOVE CHICKEN FROM OVEN, TRANSFER TO WARMER FOR HOLDING. BOWL UP SOUP IN EACH SOUP BOWL PLACE 3 OZ CHICKEN BY WEIGHT 5 OZ SOUP

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.

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Page 2

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CCP: Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (8 OZ)

Calories	195	kcal	Cholesterol	84	mg	Sugars	*0.6*	g	Calcium	37.94	mg	48.63%	Calories from Total Fat
Total Fat	10.56	g	Sodium	598	mg	Protein	16.16	g	Iron	1.00	mg	13.50%	Calories from Saturated Fat
Saturated Fat	2.93	g	Carbohydrates	9.71	g	Vitamin A	644.8	IU	Water ¹	*183.57*	g	*0.07%*	Calories from Trans Fat
Trans Fat ²	*0.01*	g	Dietary Fiber	2.55	g	Vitamin C	4.3	mg	Ash ¹	*0.31*	g	19.89%	Calories from Carbohydrates
												33.09%	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.

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