

Orfalea Foundation- SFI

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Recipe Sizing Report

Aug 9, 2013

000095 - School Food Spice Mix :

HACCP Process: #1 No Cook

Number of Portions: 11.5

Size of Portions: Cup

| | |
|--------------------------------|------------|
| 002047 SALT..... | 2 cups |
| 002009 CHILI POWDER..... | 1 qt |
| 901031 CUMIN,GROUND..... | 2 cups |
| 002028 PAPRIKA..... | 2 1/2 cups |
| 002031 PEPPER,RED OR CAYENNE.. | 2 Tbsp |
| 002030 PEPPER..... | 1 cup |

1. Combine all spices together. Use as a rub for poultry or as a seasoning for taco meat, nacho meat, or enchilada meat.

2. Store in a sealed container at room temperature.

EQUIPMENT:

1- Dry measuring cups, full set

1- Measuring spoons, full set

1- Metal kitchen spoon

1- Medium mixing bowl

1- Cambro storage container with lid

*Nutrients are based upon 1 Portion Size (Cup)

| | | | | | | | | | |
|------------------------|----------|-------------|----------|-----------|------------|--------------------|-----------|--------|-------------------------|
| Calories | 276 kcal | Cholesterol | 0 mg | Protein | 13.17 g | Calcium | 408.91 mg | 43.66% | Calories from Total Fat |
| Total Fat | 13.41 g | Sodium | 20415 mg | Vitamin A | 2974.6 RE | Iron | 25.03 mg | 6.39% | Calories from Sat Fat |
| Sat Fat | 1.96 g | Carbs | 47.67 g | Vitamin A | 24851.5 IU | Water ¹ | 9.88 g | *N/A%* | Calories from Trans Fat |
| Trans Fat ¹ | *N/A* g | D. Fiber | 27.25 g | Vitamin C | 2.6 mg | Ash ¹ | 59.26 g | 68.99% | Calories from Carbs |
| | | | | | | | | 19.06% | 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

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.