

Orfalea Foundation- SFI

Page 1

Recipe Sizing Report

Sep 13, 2013

000196 - School Food Southwest Ranch :

HACCP Process: #1 No Cook

Number of Portions: 34

Size of Portions: Oz.

900001R School Food Ranch Dressing...	2 lbs
114811 CILANTRO.....	1 1/2 cups
799902 CUMIN,GROUND.....	2 Tbsp

1. In a large bowl, combine all three ingredients and whisk together well.

EQUIPMENT

1-large bowl

1-whisk

1-set of measuring spoons

1-liquid measuring cup, quart

1-dry measuring cups

1-storage container and lid

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

Calories	38 kcal	Cholesterol	4 mg	Protein	0.61 g	Calcium	42.43 mg	64.46%	Calories from Total Fat
Total Fat	2.74 g	Sodium	100 mg	Vitamin A	2.6 RE	Iron	0.27 mg	12.23%	Calories from Sat Fat
Sat Fat	0.52 g	Carbs	3.12 g	Vitamin A	14.9 IU	Water ¹	*21.30* g	*N/A%*	Calories from Trans Fat
Trans Fat ¹	*N/A* g	D. Fiber	0.08 g	Vitamin C	0.3 mg	Ash ¹	*0.58* g	32.62%	Calories from Carbs
								6.40%	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.