## Winneshiek County Extension

Page 1 Recipe Sizing Report Jan 11, 2013

000045 - Mexican Chicken Soup : ISU Extension	Attributes
HACCP Process: #2 Same Day Service	
Number of Portions: 100	
Size of Portion: 1 cup	

Ingredients	Measures	Instructions		
050542 TOMATOES, DICED, LOW-SODIUM, CANNED	1 1/2 gals + 1 cup	Add tomatoes, beans, corn, broth, seasonings in kettle.		
050555 BEANS, CANNED, BLACK (TURTLE), LOW SODIU	1 1/2 gals + 1 cup	Barrer did a Marta are different and a Millian and		
050536 CORN, CANNED, WHOLE KERNEL (LIQUID PACK)	1 1/2 gals + 1 cup	Prepare chicken. May be served diced or shredded. Add prepared chicken to rest of ingredients.		
000065 BASE,CHICKEN,Dry	1/3 cup + 1 Tbsp	Simmer. CCP: 165° or higher. Hold for hot service at 135° or		
014429 WATER,MUNICIPAL	1 1/2 gals + 1 cup			
002020 GARLIC POWDER	2 Tbsp + 1/4 tsp	higher.		
002009 CHILI POWDER	1/4 cup + 1/2 tsp			
799902 CUMIN,GROUND	1/4 cup + 1/2 tsp			
002030 PEPPER,BLACK	1 Tbsp + 1/8 TSP (ground)			
901843 CHICK, DICED, CKD, FROZEN-COMMOD	12 lbs + 8 ozs			
		1 cup serving has 2 oz eq. of meat, 1/4 cup red veg; 1/4 cup		
		starchy veg; 1/4 cup legume.		

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

Calories	213 kcal	Cholesterol	51 mg	Protein	21.77 g	Calcium	58.25 mg	21.77% Calories from Total Fat
Total Fat	5.15 g	Sodium	392 mg	Vitamin A	99.7 RE	Iron	2.80 mg	5.73% Calories from Saturated Fat
Saturated Fat	1.36 g	Carbohydrates	20.73 g	Vitamin A	538.4 IU	Water <sup>1</sup>	*94.97* g	*0.00%* Calories from Trans Fat
Trans Fat1	*0.00* g	Dietary Fiber	5.63 g	Vitamin C	11.5 mg	Ash <sup>1</sup>	*1.08* g	38.94% Calories from Carbohydrates
								40.89% Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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.

<sup>\* -</sup> denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>&</sup>lt;sup>1</sup> - denotes optional nutrient values