Beacon City School District

Recipe Sizing Report

001085 - Magenta Root Slaw : Vermont FTS	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process				? - Milk
Number of Portions: 15				? - Egg
Size of Portion: 1/2 cup				? - Peanut
Alternate Recipe Name: Magenta Root Slaw				? - Tree Nut
				? - Fish
				? - Shellfish
				? - Soy
				? - Wheat

Ingredients	Measures	Instructions
011216 GINGER ROOT,RAW 011124 CARROTS,RAW 011080 BEETS,RAW 011298 PARSNIPS,RAW 009152 LEMON JUICE,RAW 002047 SALT,TABLE 019296 HONEY	1 oz 1 lb + 4 ozs 1 lb + 4 ozs 1 lb + 4 ozs 1/4 cup 1/2 tsp 1/3 cup + 2 tsp	Peel and chop ginger - then process in food processer until fine mince Trim and peel carrrots, beets, parsnips shred in food processer fitted with shredding disk Wisk together - honey, lemon juice and salt add to shredded vegetables and toss to combine
		Service is 1/4 cup for tasting

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	88 kcal	Cholesterol	0 mg	Sugars	13.3 g	Calcium	33.23 mg	2.98% Calories from Total Fat
Total Fat	0.29 g	Sodium	137 mg	Protein	1.49 g	Iron	0.69 mg	0.48% Calories from Saturated Fat
Saturated Fat	0.05 g	Carbohydrates	21.63 g	Vitamin A	6327.5 IU	Water ¹	103.23 g	*0.00%* Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.04 g	Vitamin C	12.2 mg	Ash ¹	1.38 g	98.04% Calories from Carbohydrates
								6.74% 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.

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.