

# NutriStudents K-12

## Recipe Sizing Report

001559 - ALLERGY FREE CHIP TORTILLA : NutriStudents	Components	Attributes
HACCP Process: #1 No Cook Number of Portions: 100 Size of Portion: EACH Alternate Recipe Name: Tortilla Chips 1G	Meat/Alt: Grains: 1 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
903946 - SELECT 1 BELOW & MULTIPLY BY -..... 904007 GRAIN CHCR, CHIP, TORTILLA, SHEARER 2036....	1600 X 100 EACH	1. Serve each student 1 bag each.  *each serving in this recipe counts as 1 whole grain equivalent*

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

Calories	130 kcal	Cholesterol	0 mg	Sugars	0.0 g	Calcium	2.00 mg	41.54%	Calories from Total Fat
Total Fat	6.00 g	Sodium	110 mg	Protein	2.00 g	Iron	1.00 mg	3.46%	Calories from Saturated Fat
Saturated Fat	0.50 g	Carbohydrates	20.00 g	Vitamin A	0.0 IU	Water <sup>1</sup>	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	2.00 g	Vitamin C	*0.0* mg	Ash <sup>1</sup>	*0.00* g	61.54%	Calories from Carbohydrates
								6.15%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - 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.