

Idaho Child Nutrition Programs

Recipe: 000004 Cilantro Pork Salad Wrap K-8

Recipe Source: Chef Brenda
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 1 Salad Wrap

050542 TOMATOES, DICED, LOW-SODIUM, CANNED..... 011251 LETTUCE, COS OR ROMAINE, RAW..... 050341 CHEESE, MOZZARELLA, LMPS, FROZEN, LOAVES.....	1 #10 CAN 6 1/2 LB 1 3/4 LB	<p>Prepare Ingredients: Drain tomatoes. Chop lettuce into bite-sized pieces. Shred mozzarella cheese.</p>
050523 TORTILLA, WHOLE GRAIN, FROZEN.....	100 tortilla (49g)	<p>Warm Tortillas: Place a piece of parchment paper in a deep steam table pan. Wet two paper towels with water and make into a ball; place paper towel ball underneath the parchment paper in a corner of the steam table pan. Place tortillas in the steam table pan by staggering them on top of each other in groups of 12-15. Cover the pan with foil, place in warmer, and heat for 2 hours.</p>
799902 CUMIN, GROUND..... 050451 RICE, LONG GRAIN, BROWN, COOKED, WITHOUT SALT.....	1/4 CUP 12 1/2 CUP	<p>Cook Rice: Add cumin (for rice) and cook rice according to package directions.</p> <p>NOTE: Rice quantity in recipe is for amount of cooked rice needed. Use your rice package label to determine the correct amount of raw rice to prepare.</p> <p>For tender rice, do not add salt to rice during cooking, even when the package directions call for it.</p>
050545 BEANS, CANNED, PINTO, WHOLE, LOW-SODIUM..... 799902 CUMIN, GROUND.....	1 1/2 #10 Can 1/4 CUP	<p>Prepare Beans: In a large stock pot, bring undrained pinto beans, drained diced tomatoes, and cumin (for beans) to a boil. Reduce heat and simmer for 20 minutes. Drain juices before adding to salad wraps.</p> <p>NOTE: This mixture is bland by itself but it is delicious when topped with the cilantro dressing.</p>

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.

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902443 Seasoned Pork, Cuban, USDA Foods.....	16 LB + 13 OZ	Prepare Pork: Follow manufacturer's instructions to heat pork. Pork is done when it reaches 145°F.
902365 Cilantro, Fresh (1/4 cup = .1oz)..... 004582 VEGETABLE OIL,CANOLA..... 009161 LIME JUICE,CND OR BTLD,UNSWTND..... 050355 ORANGE JUICE, FROM CONCENTRATE, PASTEURIZED,.... 002047 SALT, TABLE..... 002020 GARLIC POWDER.....	1 CUP 1 QT 3 CUP 3 CUP 1 TBSP 2 TBSP	Prepare Dressing: In a blender or food processor, puree cilantro (stems included), vegetable oil, lime juice, orange juice, salt, and garlic powder. NOTE: Dressing can be made the day before. Store in refrigerator.
050540 SALSA, LOW-SODIUM, CANNED.....	1 #10 CAN	Assemble Dish: Place warm tortilla on tray. Top with ½ cup lettuce, 2.69 oz. pork, ? cup rice, ? cup beans, 2 tbsp. salsa, ¼ oz. cheese, and 1 ½ tbsp. dressing.

*Nutrients are based upon 1 Portion Size (1 Salad Wrap)

Calories	478 kcal	Cholesterol	75.93 mg	Protein	33.59 g	Calcium	*209.92* mg	39.04%	Calories from Total Fat
Total Fat	20.73 g	Sodium	867.25 mg	Vitamin A	*157.15* RE	Iron	*4.12* mg	7.93%	Calories from Saturated Fat
Saturated Fat	4.21 g	Carbohydrates	38.88 g	Vitamin A	*2974.12* IU	Water ¹	*34.78* g	*0.07%*	Calories from Trans Fat
Trans Fat ¹	*0.04* g	Dietary Fiber	6.95 g	Vitamin C	*9.16* mg	Ash ¹	*0.42* g	32.55%	Calories from Carbohydrates
								28.12%	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

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 1.750 oz				? - Milk
Grain..... 2.000 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.625 cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

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Recipe

Jan 22, 2013

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050542	TOMATOES, DICED, LOW-SODIUM, CANNED			
I	011251	LETTUCE, COS OR ROMAINE, RAW			
I	050341	CHEESE, MOZZARELLA, LMPS, FROZEN, LOA			
I	050523	TORTILLA, WHOLE GRAIN, FROZEN			
I	799902	CUMIN, GROUND			
I	050451	RICE, LONG GRAIN, BROWN, COOKED, WITH			
I	050545	BEANS, CANNED, PINTO, WHOLE, LOW-SODI			
I	799902	CUMIN, GROUND			
I	902443	Seasoned Pork, Cuban, USDA Foods			
I	902365	Cilantro, Fresh (1/4 cup = .1oz)			
I	004582	VEGETABLE OIL, CANOLA			
I	009161	LIME JUC, CND OR BTLD, UNSWTND			
I	050355	ORANGE JUICE, FROM CONCENTRATE, PAS			
I	002047	SALT, TABLE			
I	002020	GARLIC POWDER			
I	050540	SALSA, LOW-SODIUM, CANNED			

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