

Kentucky Department of Education

Recipe: 000360 All in One Paella

Recipe Source: Jr Chef
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: Racelaand Worthington HS

Number of Portions: 48
 Size of Portion: Serving

902959 Extra Virgin Olive Oil.....	1/2 CUP	In a large skillet ove rmedium high heat, heat oil. Add chicken and sausage; cook 5-7 minutes or until browned. Transfer to plate. In the same skillet, add broth, bring to a simmer. Add peppers, onions and peas. Cook 4-6 minutes or until heated through, striring occassionally. Add shrimp, cook 2-4 minutes or until pinkl. Stir in paprika, salt and cooked rice. Return chicken and sauaage to the skillet; reduce heat to medium and cook until heated through. CCP: Hold at 135 degrees.
901845 Chicken Thighs, cut into 1" chuncks.....	8 LB	
007968 Kielbasa, cut into 1/4" slices.....	4 LB	
799967 BROTH, CHICKEN, LOW SODIUM.....	8 CUP	
011821 Peppers, red sweet chopped.....	8 large,2-1/4 per LB	
011333 Peppers, green sweet chopped.....	8 large,2-1/4 per LB	
011294 Onions, chopped.....	4 CUP	
011312 PEAS,GRN,FRZ,UNPREP.....	16 CUP	
903219 Shrimp, frozen peeled and deveined.....	8 LB	
002028 PAPRIKA.....	8 TSP	
903220 Low Sodium Salt.....	6 TSP	
051425 RICE, BROWN, LONG GRAIN,COOKED, NO SALT....	24 CUP	

*Nutrients are based upon 1 Portion Size (Serving)

Calories	624 kcal	Cholesterol	*136.35* mg	Sugars	*6.23* g	Calcium	*53.69* mg	45.72%	Calories from Total Fat
Total Fat	31.67 g	Sodium	867.83 mg	Protein	46.85 g	Iron	*3.26* mg	*12.49%*	Calories from Saturated Fat
Saturated Fat	*8.66* g	Carbohydrates	35.52 g	Vitamin A	*2179.38* IU	Water ¹	*170.93* g	*0.15%*	Calories from Trans Fat
Trans Fat ²	*0.10* g	Dietary Fiber	*5.21* g	Vitamin C	*71.68* mg	Ash ¹	*2.85* g	22.79%	Calories from Carbohydrates
								30.05%	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.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	3.000 oz				? - Allergen 1
Grain.....	1.000 oz				? - Allergen 2
Fruit.....	cup				? - Allergen 3
Vegetable.....	0.750 cup				? - Allergen 4
Milk.....	cup				? - Allergen 5
Moisture & Fat Change					? - Allergen 6
Moisture Change.	0%				? - Allergen 7
Fat Change.....	0%				? - Allergen 8
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902959	Extra Virgin Olive Oil			
I	901845	Chicken Thighs, cut into 1" chunks			
I	007968	Kielbasa, cut into 1/4" slices			
I	799967	BROTH, CHICKEN, LOW SODIUM			
I	011821	Peppers, red sweet chopped			
I	011333	Peppers, green sweet chopped			
I	011294	Onions, chopped			
I	011312	PEAS,GRN,FRZ,UNPREP			
I	903219	Shrimp, frozen peeled and deveined, thawed			
I	002028	PAPRIKA			
I	903220	Low Sodium Salt			
I	051425	RICE, BROWN, LONG GRAIN,COOKED, NO SA			

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