

IOWA DEPARTMENT OF EDUCATION

Recipe: 000004 Popcorn Trail Mix

Recipe Source: Spend Smart
 Recipe Group: SNACKS

Recipe HACCP Process: #1 No Cook

Alternate Recipe Name:
 Number of Portions: 14
 Size of Portion: cup

019034 POPCORN,AIR-POPPED.....	6 CUP	
902417 Krave Chocolate*.....	2 CUP	
008013 CEREAL, CHEERIOS.....	2 CUP	
019047 PRETZELS,HARD,PLN,SALTED.....	68 GRAM	
008031 CEREALS RTE,KELLOGG'S FRSTD MINI-WHEATS,ORIGI....	2 CUP	

*Nutrients are based upon 1 Portion Size (cup)

Calories	95 kcal	Cholesterol	0.00 mg	Sugars	3.71 g	Calcium	19.63 mg	13.09%	Calories from Total Fat
Total Fat	1.38 g	Sodium	96.16 mg	Protein	2.48 g	Iron	4.59 mg	3.03%	Calories from Saturated Fat
Saturated Fat	0.32 g	Carbohydrates	20.19 g	Vitamin A	329.59 IU	Water ¹	*0.82* g	*0.01%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.38 g	Vitamin C	10.01 mg	Ash ¹	*0.45* g	85.36%	Calories from Carbohydrates
								10.49%	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.

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

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
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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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