

# The Culinary Institute of America

**Recipe: 000102 HFHK Breakfast Quinoa**

Recipe Source: Cheryl Forberg  
 Recipe Group: BREAKFAST

**Recipe HACCP Process: #2 Same Day Service**

Alternate Recipe Name:  
 Number of Portions: 50  
 Size of Portion: 0.5 Cup

901319 QUINOA,CKD..... 009003 APPLES,RAW,WITH SKIN... 002010 CINNAMON,GROUND..... 002047 SALT,TABLE.....	25 CUP 2 1/2 CUP, qtr or chopped 3 TBSP 1 1/2 TBSP	Stir apple, cinnamon and salt into the warm cooked quinoa.
002050 VANILLA EXTRACT.....	2 TBSP	Stir in vanilla extract, cover tightly, and let rest for 5 minutes.
009299 RAISINS,SEEDED..... 012061 ALMONDS..... 799918 MINT LEAVES, FRESH.....	6 1/4 CUP, (not packed) 3 CUP, slivered 1/4 CUP	Fluff with a fork before serving. Garnish with raisins, toasted nuts, and mint.

\*Nutrients are based upon 1 Portion Size (0.5 Cup)

Calories	208 kcal	Cholesterol	0.00 mg	Protein	5.94 g	Calcium	43.33 mg	22.06%	Calories from Total Fat
Total Fat	5.09 g	Sodium	223.99 mg	Vitamin A	3.13 RE	Iron	2.14 mg	*1.20%*	Calories from Saturated Fat
Saturated Fat	*0.28* g	Carbohydrates	36.64 g	Vitamin A	18.28 IU	Water <sup>1</sup>	75.28 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	5.02 g	Vitamin C	1.29 mg	Ash <sup>1</sup>	1.82 g	70.52%	Calories from Carbohydrates
								11.43%	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

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... oz		Y - Tree Nut	N - Egg	? - Milk
Grain..... 1 oz			N - Peanut	
Fruit..... 0.25 cup			N - Fish	
Vegetable..... cup			N - Shellfish	
Milk..... cup			N - Soy	
<b>Moisture &amp; Fat Change</b>			N - Wheat	
Moisture Change..... 0%				
Fat Change..... 0%				
Type of Fat.....				

**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.**

# The Culinary Institute of America

## Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	901319	QUINOA,CKD	25		
I	009003	APPLES,RAW,WITH SKIN			
I	002010	CINNAMON,GROUND			
I	002047	SALT,TABLE			
I	002050	VANILLA EXTRACT			
I	009299	RAISINS,SEEDED			
I	012061	ALMONDS			
I	799918	MINT LEAVES, FRESH			

## Notes

### Production Notes:

Cook the quinoa in half water, half milk for a richer, creamier dish.

Our guest chef's recipes have been scaled up but not tested or standardized for production.

### Serving Notes:

### Purchasing Guide:

### Miscellaneous Notes:

Presented by Chef Cheryl Forberg at the 2012 Healthy Flavors, Healthy Kids National Leadership Summit

**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.**