

Cooking for Kids

Recipe Sizing Report

000107 - Asian Cabbage Stir Fry :	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:	

Ingredients	Measures	Instructions
011109 CABBAGE,RAW..... 011333 PEPPERS,SWEET,GREEN,RAW..... 011282 ONIONS,RAW.....	30 lbs 10 lbs 10 lbs	1. Julienne onions and peppers. Cut cabbage into large strips.
004058 OIL,SESAME,SALAD OR COOKING.... 799939 GARLIC,RAW..... 011216 GINGER ROOT,RAW.....	1 cup 1 CUP (MINCED) 1/2 cup	2. In braising pan, on medium heat, add sesame oil, julienne onions, minced garlic, and minced ginger.
		3. Sauté for 45 seconds. Add cabbage and peppers cook for an additional 2 minutes.
902936 Sambal Oelek Chili Sauce..... 902960 Sauce, Soy, Low Sodium..... 006189 SAUCE,TERIYAKI,RTS,RED NA.....	4 ozs 1/2 cup 1/2 cup	4. Add chili sauce, soy sauce, and teriyaki. Simmer on low heat for 5 minutes or until internal temperature reaches 135° F. Hold hot for service.

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	85 kcal	Cholesterol	*0* mg	Sugars	*7.6* g	Calcium	78.41 mg	26.11%	Calories from Total Fat
Total Fat	2.47 g	Sodium	102 mg	Protein	2.88 g	Iron	0.95 mg	*4.26%*	Calories from Saturated Fat
Saturated Fat	*0.40* g	Carbohydrates	15.13 g	Vitamin A	437.2 IU	Water ¹	*210.62* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	5.02 g	Vitamin C	90.8 mg	Ash ¹	*1.37* g	71.20%	Calories from Carbohydrates
								13.56%	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.