

Cooking for Kids

Recipe Sizing Report

000122 - LoMein Street Noodles :	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1 CUP	Meat/Alt: Grains: 2 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
014429 WATER,MUNICIPAL..... 050465 SPAGHETTI, WHOLE GRAIN, DRY...	3 1/2 gals 6 lbs + 4 ozs	1. Cook spaghetti in boiling water for 7-10 minutes or until tender but not mushy.
011109 CABBAGE,RAW..... 011282 ONIONS,RAW..... 799939 GARLIC,RAW..... 011216 GINGER ROOT,RAW.....	1 lb + 8 ozs 8 ozs 1/4 cup 1/4 cup	2. Shred cabbage, chop onions into small dice, mince garlic and ginger.
050385 OIL, VEGETABLE.....	1 Tbsp	3. In a large braising pan on medium heat add oil, onions, garlic, and ginger. Sauté until slightly brown.
902936 Sambal Oelek Chili Sauce..... 006189 SAUCE,TERIYAKI,RTS,RED NA.....	1 1/2 ozs 1/2 cup	4. Add cabbage and continue to cook for 2 minutes. Add chili sauce and teriyaki sauce, mix well. Gently stir in cooked noodles and heat until internal temperature reaches 165° F. Hold hot for service.

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

Calories	210 kcal	Cholesterol	*0* mg	Sugars	*1.1* g	Calcium	39.56 mg	4.71%	Calories from Total Fat
Total Fat	1.10 g	Sodium	77 mg	Protein	8.79 g	Iron	2.21 mg	*0.84%*	Calories from Saturated Fat
Saturated Fat	*0.20* g	Carbohydrates	44.79 g	Vitamin A	114.7 IU	Water ¹	*284.54* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	6.05 g	Vitamin C	6.1 mg	Ash ¹	*0.62* g	85.41%	Calories from Carbohydrates
								16.77%	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.