

Cooking for Kids

Recipe Sizing Report

000107 - Asian Cabbage Stir Fry :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011109 CABBAGE,RAW..... 011333 PEPPERS,SWT,GRN,RAW..... 011282 ONIONS,RAW..... 799939 GARLIC,RAW..... 011216 GINGER ROOT,RAW.....	15 lbs 5 lbs 5 lbs 1/2 CUP 1/4 cup	1. Cut cabbage into large strips and julienne peppers and onions. Mince garlic and ginger.
004058 OIL,SESAME,SALAD OR COOKING....	1/2 cup	
902936 Sambal Oelek Chili Sauce..... 902960 Sauce, Soy, Low Sodium..... 006189 SAUCE,TERIYAKI,RTS,RED NA.....	2 ozs 1/4 cup 1/4 cup	

*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.

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.