

Cooking for Kids

Recipe Sizing Report

000026 - Asian Sauce :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 100 Size of Portion: 1oz	Meat/Alt: Grains: Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
050385 OIL, VEGETABLE.....	1/2 Tbsp	1. Heat vegetable oil over medium heat until hot.
799939 GARLIC,RAW..... 011216 GINGER ROOT,RAW..... 002031 PEPPER,RED OR CAYENNE.....	2 Tbsp 1/4 cup 2 tsp	2. Add minced garlic, minced ginger, and crushed red pepper. Cook and stir about 1 minute. Be careful not to let garlic burn.
902960 Sauce, Soy, Low Sodium..... 019296 HONEY..... 009161 LIME JUC,CND OR BTLD,UNSWTND... 002053 VINEGAR,DISTILLED.....	1 qt 2 Tbsp 1/2 cup 1/2 cup	3. Stir in soy sauce, honey, lime juice, and vinegar.
020027 CORNSTARCH..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	3 Tbsp 1/2 cup	4. Combine cornstarch with water to make a slurry the color of heavy cream. Whisk in slurry to simmering sauce, stirring constantly until sauce thickens. Remove from heat and reserve for use.

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

Calories	9 kcal	Cholesterol	0 mg	Sugars	*0.5* g	Calcium	48.68 mg	24.99%	Calories from Total Fat
Total Fat	0.24 g	Sodium	282 mg	Protein	0.50 g	Iron	0.01 mg	1.27%	Calories from Saturated Fat
Saturated Fat	0.01 g	Carbohydrates	1.41 g	Vitamin A	15.2 IU	Water ¹	*3.84* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.19 g	Vitamin C	0.2 mg	Ash ¹	*0.01* g	65.31%	Calories from Carbohydrates
								23.36%	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.