

Cooking for Kids

Recipe Sizing Report

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Jan 28, 2022

000181 - Beef LoMein :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1 CUP	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 902995 SPAGHETTI, WHOLE GRAIN, DRY.....	3 1/2 gals 6 lbs + 4 ozs	1. Cook spaghetti according to package directions.
011109 CABBAGE,RAW..... 011821 PEPPERS,SWT,RED,RAW..... 011282 ONIONS,RAW..... 799939 GARLIC,RAW..... 011216 GINGER ROOT,RAW.....	1 qt + 1 CUP 1 qt + 2 CUPS 8 ozs 1/4 cup 1/4 cup	2. Shred cabbage, slice peppers, small dice onions, mince garlic and ginger.
050385 OIL, VEGETABLE..... 051506 Beef, Crumbles w/SPP, Cooked, Frozen...	1 Tbsp 6 lbs + 10 ozs	3. In a large braising pan on medium heat add oil, onions, garlic, and ginger. Sauté until slightly brown. Add cabbage and peppers and continue to cook for 2 minutes. Add beef and continue to cook for another 5 minutes.
902936 Sambal Oelek Chili Sauce..... 006189 SAUCE,TERIYAKI,RTS,RED NA.....	1 1/2 ozs 1/2 cup	4. 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	339 kcal	Cholesterol	*41* mg	Sugars	*1.7* g	Calcium	57.71 mg	22.98%	Calories from Total Fat
Total Fat	8.66 g	Sodium	282 mg	Protein	20.18 g	Iron	3.28 mg	*10.52%*	Calories from Saturated Fat
Saturated Fat	*3.96* g	Carbohydrates	49.35 g	Vitamin A	669.9 IU	Water ¹	*296.69* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	8.19 g	Vitamin C	27.2 mg	Ash ¹	*0.68* g	58.22%	Calories from Carbohydrates
								23.81%	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.