

Cooking for Kids

Recipe Sizing Report

| 000581 - Chicken Fried Rice : | Components | Attributes | Allergens Present | Allergens Absent | Allergens Unidentified |
|---|---|------------|-------------------|------------------|--|
| HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1 CUP | Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk: | | | | ? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat |

| Ingredients | Measures | Instructions |
|---|--|--|
| 051426 RICE, BROWN, LONG GRAIN, PARBOILED, DRY..... 014429 BEVERAGES, H2O, TAP, MUNICIPAL..... | 1 1/2 gals + 1 cup 3 gals + 2 cups | 1. Cook rice accordingly to package instructions. |
| 050385 OIL, VEGETABLE..... 004058 OIL, SESAME, SALAD OR COOKING..... 799939 GARLIC, RAW..... 011282 ONIONS, RAW..... 011216 GINGER ROOT, RAW..... | 1/4 cup + 1 Tbsp 1/4 cup + 1 Tbsp 1/4 cup + 1 Tbsp 1 1/4 cups 1/4 cup + 1 Tbsp | 2. Heat saute pan and add oil. Saute garlic, onion, and ginger for about one minute. |
| 051520 Chicken, Diced, Cooked, Frozen..... | 17 lbs + 8 ozs | 3. Add chicken and saute for 3 minutes. 4. Add rice and stir fry on HIGH heat for 3 minutes or until rice starts to brown. (Keep all food moving in pan as to not burn the rice). |
| 011323 PEAS&CARROTS, FRZ, CKD, BLD, DRND, WO/SALT.... 902960 Sauce, Soy, Low Sodium..... 902936 Sambal Oelek Chili Sauce..... | 1 1/2 gals + 1 cup 1 2/3 cups 1/2 cup + 2 Tbsp | 5. Add peas and carrots, soy sauce, and sambal. Heat until internal temperature reaches 165° F. Hold hot for service. |

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

| | | | | | | | | | |
|------------------------|----------|---------------|---------|-----------|-----------|--------------------|------------|---------|-----------------------------|
| Calories | 297 kcal | Cholesterol | *59* mg | Sugars | *1.9* g | Calcium | 34.15 mg | 17.67% | Calories from Total Fat |
| Total Fat | 5.83 g | Sodium | 243 mg | Protein | 22.80 g | Iron | 1.62 mg | *0.69%* | Calories from Saturated Fat |
| Saturated Fat | *0.23* g | Carbohydrates | 37.77 g | Vitamin A | 3974.4 IU | Water ¹ | *154.97* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 3.27 g | Vitamin C | 6.2 mg | Ash ¹ | *0.36* g | 50.87% | Calories from Carbohydrates |
| | | | | | | | | 30.71% | 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.