

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: 50 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.....	3 qts + 1/2 cup 1 1/2 gals + 1 cup	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.....	2 1/2 Tbsp 2 1/2 Tbsp 2 1/2 Tbsp 1/2 cup + 2 Tbsp 2 1/2 Tbsp	2. Heat saute pan and add oil. Saute garlic, onion, and ginger for about one minute.
051520 Chicken, Diced, Cooked, Frozen.....	8 lbs + 12 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.....	3 qts + 1/2 cup 3/4 cup + 1 Tbsp 1/4 cup + 1 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.