

Cooking for Kids

Recipe Sizing Report

000134 - Chicken Kung Pao :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 3/4 CUP	Meat/Alt: 2.5 oz Grains: Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
799939 GARLIC,RAW..... 011216 GINGER ROOT,RAW..... 011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BU... 011821 PEPPERS,SWT,RED,RAW.....	1/3 cup + 3 1/2 tsp 1/3 cup + 3 1/2 tsp 9 ozs 5 lbs + 13 ozs	1. Mince garlic and ginger, dice green onions, and julienne red peppers.
004058 OIL,SESAME,SALAD OR COOKING..... 006175 SAUCE,HOISIN,RTS..... 006189 SAUCE,TERIYAKI,RTS,RED NA..... 901530 SUGARS,BROWN,LIGHT..... 902953 Vinegar, Rice Wine.....	1/3 cup + 3 1/2 tsp 1 cup 1/2 cup + 2 ozs 3 1/2 TBSP (packed) 1/3 cup + 3 1/2 tsp	2. In a sauce pot, combine sesame oil, hoisin, teriyaki, brown sugar, vinegar, garlic, and ginger. Mix together and bring to a boil.
020027 CORNSTARCH..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	3 1/2 Tbsp 1/2 cup	3. Mix together corn starch and water into a slurry. Pour into sauce mixture stirring constantly.
902957 Chicken, Shredded.....	10 lbs + 7 ozs	4. Divide chicken, onions, and peppers into hotel pans. Heat in a 350° F oven until internal temperature reaches 165° F. 5. Remove from oven and pour sauce over chicken. Hold hot for service.

*Nutrients are based upon 1 Portion Size (3/4 CUP)

Calories	206 kcal	Cholesterol	68 mg	Sugars	*4.3* g	Calcium	13.01 mg	35.80%	Calories from Total Fat
Total Fat	8.18 g	Sodium	286 mg	Protein	22.30 g	Iron	1.54 mg	8.01%	Calories from Saturated Fat
Saturated Fat	1.83 g	Carbohydrates	9.91 g	Vitamin A	1702.3 IU	Water ¹	*61.96* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.43 g	Vitamin C	68.7 mg	Ash ¹	*0.91* g	19.28%	Calories from Carbohydrates
								43.39%	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.