

Cooking for Kids

Recipe Sizing Report

000027 - Chicken and Broccoli Stir Fry :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 100 Size of Portion: 1 Cup	Meat/Alt: 0.5 oz Grains: Fruit: Vegetable: 0.75 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011821 PEPPERS,SWT,RED,RAW..... 011124 CARROTS,RAW.....	6 lbs 2 QTS (grated)	1. Sauté bell peppers and carrots. 2. Add the ASIAN SAUCE recipe (portion size: 1 cup) and mix.
051520 Chicken, Diced, Cooked, Frozen.....	30 lbs	3. Add cooked chicken to skillet and warm throughout.
051459 BROCCOLI, FROZEN, FLORETS...	16 lbs	4. Add broccoli and sauté until tender.

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

Calories	204 kcal	Cholesterol	101 mg	Sugars	*1.6* g	Calcium	41.89 mg	21.97%	Calories from Total Fat
Total Fat	4.98 g	Sodium	159 mg	Protein	31.39 g	Iron	1.45 mg	0.15%	Calories from Saturated Fat
Saturated Fat	0.03 g	Carbohydrates	6.37 g	Vitamin A	3055.9 IU	Water ¹	*32.86* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.02 g	Vitamin C	67.3 mg	Ash ¹	*0.21* g	12.50%	Calories from Carbohydrates
								61.55%	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.