

# 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: 50 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.....	3 lbs 1 QT (grated)	1. Sauté bell peppers and carrots. 2. Add the ASIAN SAUCE recipe (portion size: 1 cup) and mix.
051520 Chicken, Diced, Cooked, Frozen.....	15 lbs	3. Add cooked chicken to skillet and warm throughout.
051459 BROCCOLI, FROZEN, FLORETS...	8 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 <sup>1</sup>	*32.86* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	3.02 g	Vitamin C	67.3 mg	Ash <sup>1</sup>	*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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.