

Cooking for Kids

Recipe Sizing Report

000005 - Firecracker Broccoli :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011090 BROCCOLI,RAW.....	4 lbs + 11 ozs	1. Cut broccoli into bite sized pieces and stir fry in wok or sauté pan at high heat. Cook with oil and sambal until tender. Hold for service at 140° F.
050385 OIL, VEGETABLE.....	2 tsp	
004058 OIL,SESAME,SALAD OR COOKING....	2 tsp	
902936 Sambal Oelek Chili Sauce.....	1 1/2 ozs	

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	18 kcal	Cholesterol	*0* mg	Sugars	*0.7* g	Calcium	20.07 mg	26.28%	Calories from Total Fat
Total Fat	0.52 g	Sodium	24 mg	Protein	1.21 g	Iron	0.32 mg	*5.09%*	Calories from Saturated Fat
Saturated Fat	*0.10* g	Carbohydrates	2.87 g	Vitamin A	366.1 IU	Water ¹	*37.97* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.12 g	Vitamin C	38.5 mg	Ash ¹	*0.37* g	64.26%	Calories from Carbohydrates
								27.06%	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.