

# Cooking for Kids

## Recipe Sizing Report

| 000118 - Honey Sriracha Chicken :  | Components   | Attributes | Allergens Present | Allergens Absent | Allergens Unidentified   |
|--|--|------------|-------------------|------------------|--|
| HACCP Process: #3 Complex Food Preparation<br>Number of Portions: 50<br>Size of Portion: 1/2 CUP | Meat/Alt: 2 oz<br>Grains:<br>Fruit:<br>Vegetable:<br>Milk: |            |                   |                  | ? - Milk<br>? - Egg<br>? - Peanut<br>? - Tree Nut<br>? - Fish<br>? - Shellfish<br>? - Soy<br>? - Wheat |

| Ingredients  | Measures   | Instructions  |
|--|--|---|
| 050385 OIL, VEGETABLE.....<br>799939 GARLIC,RAW.....<br>011216 GINGER ROOT,RAW.....  | 3/4 tsp<br>1/2 cup + 1 3/4 tsp<br>1/3 cup + 3 3/8 tsp  | 1. In a large pot over medium heat, combine oil, garlic, and ginger. Cook until slightly brown, about 30 seconds.   |
| 901530 SUGARS,BROWN,LIGHT.....<br>902994 SAUCE,HOT CHILE,SRIRACHA,TUONG OT SRIRAC...<br>006175 SAUCE,HOISIN,RTS.....<br>019296 HONEY.....<br>014429 BEVERAGES,H2O,TAP,MUNICIPAL..... | 1/4 cup + 7/8 TSP (packed)<br>8 5/8 ozs<br>3/4 cup + 3 Tbsp<br>1 1/3 cups + 1/2 tsp<br>1 qt + 2 3/8 cups | 2. Add brown sugar, sriracha, hoisin sauce, and honey. Add water and bring to a boil. Simmer for 15 minutes.  |
| 020027 CORNSTARCH.....<br>014429 BEVERAGES,H2O,TAP,MUNICIPAL.....  | 2/3 cup + 1/4 tsp<br>3/8 cup   | 3. In a separate bowl, combine corn starch and water into a slurry. Once incorporated, add to sriracha mixture, stirring constantly. Reduce heat to low and continue to cook for 5 minutes. |
| 051520 Chicken, Diced, Cooked, Frozen.....   | 6 lbs + 14 ozs   | 4. Add chicken and heat until internal temperature reaches 165° F. Hold hot for service.  |

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

|                        |          |               |         |           |          |                    |           |         |                             |
|------------------------|----------|---------------|---------|-----------|----------|--------------------|-----------|---------|-----------------------------|
| Calories               | 136 kcal | Cholesterol   | *46* mg | Sugars    | *9.3* g  | Calcium            | 7.83 mg   | 16.50%  | Calories from Total Fat     |
| Total Fat              | 2.49 g   | Sodium        | 217 mg  | Protein   | 13.55 g  | Iron               | 0.62 mg   | *0.27%* | Calories from Saturated Fat |
| Saturated Fat          | *0.04* g | Carbohydrates | 13.76 g | Vitamin A | 135.2 IU | Water <sup>1</sup> | *41.52* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>2</sup> | *0.00* g | Dietary Fiber | 0.32 g  | Vitamin C | 4.7 mg   | Ash <sup>1</sup>   | *0.55* g  | 40.58%  | Calories from Carbohydrates |
|                        |          |               |         |           |          |                    |           | 39.96%  | 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.

**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.**