

Cooking for Kids

Recipe Sizing Report

000498 - Honey Sriracha Chicken CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 25 Size of Portion: 1/2 CUP	Meat/Alt: 2 oz Grains: Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
050385 OIL, VEGETABLE..... 799939 GARLIC,RAW..... 011216 GINGER ROOT,RAW.....	3/8 tsp 1/4 cup + 7/8 tsp 3 Tbsp + 5/8 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..... 902994 SAUCE,HOT CHILE,SRIRACHA,TUONG OT SRIRAC... 006175 SAUCE,HOISIN,RTS..... 019296 HONEY..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	2 Tbsp + 3/8 TSP (packed) 19 2/3 tsp 1/3 cup + 6 5/8 tsp 2/3 cup + 1/4 tsp 3 1/4 cups	2. Add brown sugar, sriracha, hoisin sauce, and honey. Add water and bring to a boil. Simmer for 15 minutes.
020027 CORNSTARCH..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	1/3 cup + 1/8 tsp 1/4 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.....	3 lbs + 6 7/8 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 ¹	*41.52* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.32 g	Vitamin C	4.7 mg	Ash ¹	*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

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.