

# Cooking for Kids

## Recipe Sizing Report

Page 1

Apr 15, 2022

000173 - Korean BBQ Chicken Sandwich :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 50 Size of Portion: 1 Each	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
002030 PEPPER,BLACK..... 002007 CELERY SEED..... 901031 MUSTARD,POWDER/DRY..... 002026 ONION POWDER..... 901530 SUGARS,BROWN,LIGHT..... 020027 CORNSTARCH..... 006175 SAUCE,HOISIN,RTS..... 002048 VINEGAR,CIDER..... 902953 Vinegar, Rice Wine..... 011949 CATSUP,LOW SODIUM.....	1/2 TSP (ground) 1/2 tsp 1/2 tsp 1/2 tsp 1 1/2 TBSP (packed) 1/4 cup 1 1/4 cups 2 Tbsp 2 Tbsp 1 cup	1. In a large pot, combine pepper, celery seed, mustard powder, onion powder, brown sugar, cornstarch, hoisin, vinegars, and catsup and stir until fully combined. Simmer for 15 minutes.
902957 Chicken, Shredded.....	7 lbs	2. Place chicken in hotel pan(s) and pour sauce mixture over. Bake in a 350° F oven for 25 minutes or until internal temperature reaches 165° F.
902962 Bread, Whole Grain Bun 2oz...	50 Each	3. To serve, place 3 oz of chicken mixture on each bun. Hold hot for service.

\*Nutrients are based upon 1 Portion Size (1 Each)

Calories	246 kcal	Cholesterol	46 mg	Sugars	*4.9* g	Calcium	64.00 mg	21.26%	Calories from Total Fat
Total Fat	5.81 g	Sodium	421 mg	Protein	18.54 g	Iron	2.28 mg	3.86%	Calories from Saturated Fat
Saturated Fat	1.06 g	Carbohydrates	31.38 g	Vitamin A	*29.2* IU	Water <sup>1</sup>	*7.18* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	3.22 g	Vitamin C	1.5 mg	Ash <sup>1</sup>	*0.49* g	51.02%	Calories from Carbohydrates
								30.15%	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.