

Cooking for Kids

Recipe Sizing Report

000123 - Mongolian Chicken :	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: 2 oz Grains: Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
006175 SAUCE,HOISIN,RTS..... 902936 Sambal Oelek Chili Sauce..... 011949 CATSUP,LOW SODIUM..... 902953 Vinegar, Rice Wine..... 004058 OIL,SESAME,SALAD OR COOKING....	3/4 cup + 1 Tbsp 1 1/4 ozs 2 cups + 1 Tbsp 3/4 cup + 1 Tbsp 2 1/2 tsp	1. In a large bowl or container, mix together hoisin, chili sauce, catsup, vinegar, and oil. Set aside for later.
011282 ONIONS,RAW..... 799939 GARLIC,RAW..... 011216 GINGER ROOT,RAW.....	13 1/3 ozs 3 Tbsp + 1 tsp 3 Tbsp + 1 tsp	
051520 Chicken, Diced, Cooked, Frozen.....	6 lbs + 4 ozs	2. In a large braising pan on medium heat, sauté onions, garlic, and ginger for 45 seconds or until slightly brown.
011333 PEPPERS,SWT,GRN,RAW..... 011109 CABBAGE,RAW.....	2 lbs + 11 1/3 ozs 6 2/3 ozs	3. Add chicken and continue to cook for 5 minutes.
		4. Add peppers and cabbage and continue to cook for 3 minutes.
		5. Add sauce and heat until internal temperature reaches 165° F. Hold hot for service.

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

Calories	106 kcal	Cholesterol	*42* mg	Sugars	*4.6* g	Calcium	9.93 mg	20.79%	Calories from Total Fat
Total Fat	2.44 g	Sodium	137 mg	Protein	12.65 g	Iron	0.57 mg	*0.66%*	Calories from Saturated Fat
Saturated Fat	*0.08* g	Carbohydrates	7.35 g	Vitamin A	239.1 IU	Water ¹	*43.59* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.82 g	Vitamin C	24.1 mg	Ash ¹	*0.71* g	27.79%	Calories from Carbohydrates
								47.85%	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.