

# Cooking for Kids

## Recipe Sizing Report

000517 - Orange Chicken CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1/2 CUP	Meat/Alt: 2 oz Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
004058 OIL,SESAME,SALAD OR COOKING..... 799939 GARLIC,RAW..... 011216 GINGER ROOT,RAW.....	10 Tbsp 1/4 cup (minced) 6 Tbsp (minced)	1. In a large pot, heat sesame oil over medium heat. Add garlic and ginger. Cook for 1 minute.
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 799989 BASE, CHICKEN, LOW SODIUM..... 902992 Orange 100% Juice..... 902960 Sauce, Soy, Low Sodium..... 901530 SUGARS,BROWN,LIGHT..... 902953 Vinegar, Rice Wine.....	2 cups 1/8 cup 1/2 cup 5/8 cup 1/3 cup, packed 1/3 cup + 2 tsp	2. Add water, chicken base, orange juice, soy sauce, brown sugar, and vinegar. Let simmer for 20 minutes.
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 020027 CORNSTARCH.....	3/8 cup 1/2 cup	3. Mix together water and corn starch into a slurry. Add to orange mixture stirring constantly until incorporated. Do not boil! Once sauce is thickened, remove from heat.
011124 CARROTS,RAW..... 011821 PEPPERS,SWT,RED,RAW..... 011090 BROCCOLI,RAW.....	4 1/8 cup 5 cup 5 cup	4. Wash and shred carrots, wash and julienne peppers, and wash broccoli and cut into florets. Sauté together for 7 minutes.
051521 Chicken, Fajita Seasoned Strips, Cooked,...	3 lbs + 14 3/4 ozs	5. Add chicken and heat to 165° F. Combine with sauce and pour into hotel pans, or 12 x 20 inch pan, for service.

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

Calories	190 kcal	Cholesterol	55 mg	Sugars	*4.4* g	Calcium	52.34 mg	41.61%	Calories from Total Fat
Total Fat	8.77 g	Sodium	667 mg	Protein	14.79 g	Iron	0.61 mg	11.00%	Calories from Saturated Fat
Saturated Fat	2.32 g	Carbohydrates	12.73 g	Vitamin A	3713.9 IU	Water <sup>1</sup>	*73.64* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.55 g	Vitamin C	41.0 mg	Ash <sup>1</sup>	*0.49* g	26.83%	Calories from Carbohydrates
								31.18%	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.**