

# Cooking for Kids

## Recipe Sizing Report

000128 - Sesame Chicken :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 2/3 CUP	Meat/Alt: 2 oz Grains: Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
799939 GARLIC,RAW..... 011216 GINGER ROOT,RAW..... 004058 OIL,SESAME,SALAD OR COOKING.....	1 2/3 cups + 1 Tbsp 1 2/3 cups + 1 Tbsp 3 1/2 ozs	1. Chop and sauté garlic and ginger in sesame oil until lightly browned.
011109 CABBAGE,RAW..... 011282 ONIONS,RAW.....	12 lbs + 1 oz 8 lbs + 10 ozs	2. Add chopped cabbage and onions and continue to cook until slightly tender.
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 799989 BASE, CHICKEN, LOW SODIUM..... 006175 SAUCE,HOISIN,RTS..... 902942 General Tso Sauce..... 902936 Sambal Oelek Chili Sauce.....	1 3/4 cup 1 Tbsp + 3/8 tsp 1 3/4 ozs 1 qt + 2 7/8 cups 3 1/2 ozs	3. Add water, broth, and sauces. Cook until warm.
012023 SESAME SEEDS,WHOLE,DRIED.....	1 2/3 cups + 1 Tbsp	4. Stir in sesame seeds. Heat until internal temperature reaches 165° F.
901844 CHICKEN NUGGETS,LT&DK MEAT,BREADED,HTD-C....	17 lbs + 4 ozs	5. Right before serving, add in chicken. Do not hold chicken in sauce for more than 15 minutes before service.

\*Nutrients are based upon 1 Portion Size (2/3 CUP)

Calories	301 kcal	Cholesterol	*35* mg	Sugars	*6.9* g	Calcium	68.30 mg	53.84%	Calories from Total Fat
Total Fat	18.02 g	Sodium	569 mg	Protein	11.67 g	Iron	1.36 mg	*12.06%*	Calories from Saturated Fat
Saturated Fat	*4.04* g	Carbohydrates	24.40 g	Vitamin A	230.6 IU	Water <sup>1</sup>	*134.55* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	3.30 g	Vitamin C	63.5 mg	Ash <sup>1</sup>	*2.14* g	32.41%	Calories from Carbohydrates
								15.50%	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.**