

Cooking for Kids

Recipe Sizing Report

000531 - Sesame Chicken CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 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.....	1/3 cup + 1 1/2 Tbsp 1/3 cup + 1 1/2 Tbsp 1 7/8 Tbsp	1. Chop and sauté garlic and ginger in sesame oil until lightly browned.
011109 CABBAGE,RAW..... 011282 ONIONS,RAW.....	15 3/8 cup 8 1/2 cup	
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 799989 BASE, CHICKEN, LOW SODIUM..... 006175 SAUCE,HOISIN,RTS..... 902942 General Tso Sauce..... 902936 Sambal Oelek Chili Sauce.....	1/2 cup 7/8 tsp 3/4 Tbsp 1 2/3 cups + 1 Tbsp 1 3/4 Tbsp	3. Add water, broth, and sauces. Cook until warm.
012023 SESAME SEEDS,WHOLE,DRIED.....	1/3 cup + 1 1/2 Tbsp	4. Stir in sesame seeds. Heat until internal temperature reaches 165° F.
901844 CHICKEN NUGGETS,LT&DK MEAT,BREADED,HTD-C....	4 lbs + 5 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 ¹	*134.55* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.30 g	Vitamin C	63.5 mg	Ash ¹	*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

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.