

Cooking for Kids

Recipe Sizing Report

000135 - Sweet and Sour Chicken :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 3/4 CUP	Meat/Alt: 2 oz Grains: 1 oz Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011090 BROCCOLI,RAW..... 011109 CABBAGE,RAW..... 011124 CARROTS,RAW.....	12 lbs + 4 ozs 8 lbs 2 qts	1. Wash broccoli and cut into florets. Wash cabbage and julienne. Mix together broccoli, cabbage, and shredded carrots. Sauté for 3 minutes.
901844 CHICKEN NUGGETS,LT&DK MEAT,BREADED,HTD-C....	17 lbs	2. Place chicken onto sheet trays lined with parchment and place in a 350° F oven for 15 minutes or until internal temperature reaches 165° F.
027050 SAUCE,SWT & SOUR,RTS..... 020027 CORNSTARCH..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	5 lbs 4 ozs 2 ozs	3. In a large pot, heat sweet and sour sauce to a boil. Mix together cornstarch and water into a slurry. Add to sauce, stirring constantly. 4. Mix together vegetables and chicken in 2 inch hotel pans. At the last minute, pour sweet and sour sauce on top and stir to combine. Do not mix sauce and chicken more than 10 minutes before service.

*Nutrients are based upon 1 Portion Size (3/4 CUP)

Calories	283 kcal	Cholesterol	34 mg	Sugars	*6.8* g	Calcium	53.86 mg	48.64%	Calories from Total Fat
Total Fat	15.29 g	Sodium	531 mg	Protein	11.89 g	Iron	1.24 mg	11.78%	Calories from Saturated Fat
Saturated Fat	3.70 g	Carbohydrates	25.63 g	Vitamin A	1912.2 IU	Water ¹	146.73 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.48 g	Vitamin C	103.9 mg	Ash ¹	2.52 g	36.25%	Calories from Carbohydrates
								16.82%	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.