


Firecracker Broccoli - CACFP

GENERAL INFORMATION

Recipe #
1687862

Category
Vegetables 

Source
Local

INGREDIENTS

Name	Quantity	+	Quantity 2
Broccoli, raw	15 ⅔ oz.		
Vegetable oil, palm kernel	½ tsp.		
Oil, sesame, salad or cooking	½ tsp.		
Sambal Oelek	2 ¼ tsp.		
Salt, table	¼ tsp.		
Spices, pepper, black	⅛ tsp. ground		
Garlic, raw	1 ½ tsp.		

PREPARATION INSTRUCTIONS

HACCP Process: #2 - Same Day Service

1. Stir fry broccoli with oil and sambal in wok or saute pan. Add salt, pepper, and garlic after broccoli starts to get tender. Hold hot for service.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Vegetables can be steamed from fresh, frozen or canned product. Wash, peel and cut up product into desired size pieces, if needed.

Place product in a clean perforated pan.

Vegetables can be steamed in an oven, steam kettle or steamer. To steam in an oven, place perforated pan in a 4" deep pan that contains at least 2 cups of water. Cover tightly with foil. To steam in a steamer, follow instructions for your particulate steamer. Do not add water to vegetables. To steam in a steam jacketed kettle, follow manufacturer instructions.

CCP: Heat to 135° F or higher for at least 15 seconds

Remove product from steamer, kettle or oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Product should be served immediately. Ensure that hot food is held at a temperature above 135° F.

CORRECTIVE ACTION HOT FOOD All cooked food items being held for service that drop below 135 degrees must be removed from service until such time as they are reheated to 135 degrees. Any food not eaten after reheating must be discarded.

CCP: The quality of vegetables deteriorates quickly after cooking. Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.



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Serving Size
0.5 Cup

Yield
6

Nutrition Facts

Serving Size 0.5 Cup (76 gm)

Amount Per Serving
Calories **32.124**

% Daily Value*

Total Fat 0.999* gm **1.536** %

Saturated Fat 0.431* gm **2.155** %

Trans Fat 0.000* gm

Cholesterol 0.000* mg

Sodium 117.772 mg **4.907** %

Total **5.071*** gm **1.69** %

Carbohydrate

Dietary Fiber 1.913* gm **7.651** %

Total Sugars 1.241* gm

Includes N/A* of Added Sugars

Protein 2.095 gm **4.19** %

Vitamin A 452.453* iu **9.049** %

Vitamin C 64.946* mg **108.244** %

Vitamin D 0.000* mcg

Calcium 35.588* mg **3.559** %

Iron 0.546* mg **3.036** %

Potassium 232.843 mg **4.954** %

Saturated Fat % of **12.076** %

Calories

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components

Component	Measurement
Dark Green	0.5 cups

MY SCHOOL MENUS

IN USE AS A SUB RECIPE

MENUS USING THIS RECIPE

DATES

Last Updated
01-22-2025

Created
10-02-2024