

Sesame Chicken - NSLP

General Information

Recipe #	Category	Source
2013971	Lunch Entree	Local

Ingredients

Name	Quantity	+Quantity 2
Garlic, raw	½ c., 2 tbsp., 1 ¾ tsp.	
Ginger root, raw	½ c.	
Oil, sesame, salad or cooking	2 tbsp.	
Vegetable oil, palm kernel	2 tbsp.	
Cabbage, raw	2 lbs.	
Onions, raw	3 lbs., 2 oz.	
Beverages, water, tap, municipal	1 c.	
Soup, chicken broth or bouillon, dry	2 tsp.	
Sauce, hoisin, ready-to-serve	2 tbsp.	
General Tso's Sauce 6/5# 30#	1 pt., 1 c.	
Sambal Oelek	2 tbsp.	
Seeds, sesame seeds, whole, dried	½ c., 2 tbsp., 1 ¾ tsp.	
Chicken Popcorn, Bites, 2M, 36/4.5oz, 10#, Tyson, 10049910928	500 each	



Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Chop and saute garlic and ginger in sesame and vegetable oil until lightly browned.
2. Add chopped cabbage and onions and continue to cook until slightly tender.
3. Add water, broth, and sauces. Cook until warm.
4. Stir in sesame seeds. Heat until internal temperature reaches 165 degrees F.
5. Right before serving, add in chicken. Do not hold chicken in sauce for more than 15 minutes before service.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

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.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

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.

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Serving Size 0.5 Cups Yield 50.00

Nutrition Facts

Serving Size 0.5 Cups (143 gm)

Amount Per Serving	% Daily Value*
Calories 205.313	
	% Daily Value*
Total Fat 8.313* gm	12.789%
Saturated Fat 1.990* gm	9.95%
Trans Fat 0.005* gm	
Cholesterol 33.779* mg	11.26%
Sodium 618.650 mg	25.777%
Total Carbohydrate 18.094* gm	6.031%
Dietary Fiber 1.303* gm	5.211%
Total Sugars 5.685* gm	
Includes 0.000 * gm of Added Sugars	
Protein 14.730 gm	29.459%
Vitamin A 9.480* mcg RAE	1.053%
Vitamin C 9.350* mg	15.583%
Vitamin D 0.000* mcg	
Calcium 49.410* mg	4.941%
Iron 0.703* mg	3.903%
Potassium 287.489* mg	6.117%
Saturated Fat % of Calories	8.723 %
Added Sugar % of Calories	0.000 %

* 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 the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Meat/Meat Alternates	2 oz

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

Other Vegetables

0.25 cups

CCP: Heat to 165° F or higher for at least 15 seconds.

Added Sugar Limitations i

Not applicable.

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

Vendors

Tyson Foods, Inc. 

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

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

Dates

Last Updated

Created

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