

Orfalea Foundation- SFI

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Recipe Sizing Report

Sep 13, 2013

000102 - School Food Asian BBQ Sauce :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 9

Size of Portions: Quarts

050385 OIL, VEGETABLE.....	1/4 cup
011282 ONIONS,RAW.....	1 QT (chopped)
011215 GARLIC,RAW.....	1 1/2 cups
011216 GINGER ROOT,RAW.....	1 cup
104016 HOISIN SAUCE,CONTAINS NO MSG.....	1 gal
016424 SOY SAU MADE FROM SOY&WHEAT (SHOYU)...	1 qt
019334 SUGARS,BROWN.....	1 lb + 8 ozs
002048 VINEGAR,CIDER.....	1 qt
900099 VINEGAR, RICE, UNSEASONED.....	2 cups
014429 WATER, TAP, MUNICIPAL.....	2 cups

Mince ginger and garlic

1. Heat pan until hot over medium heat and add vegetable oil when the pan is hot. When the oil is hot sweat onions, garlic and ginger in the vegetable oil over low heat.
2. Add remaining ingredients and whisk to combine well. Bring up to a simmer.

3. Simmer until you can track a line that stays separated on the back of a metal kitchen spoon, about 30 minutes.

EUIPMENT:

1-Dry measuring cups, full set

1-Liquid measuring cups,quart, gallon

1- Stock pot

1- Metal kitchen spoon

1-Bowl to hold vegetables

*Nutrients are based upon 1 Portion Size (Quarts)

Calories	1916	kcal	Cholesterol	0	mg	Protein	8.37	g	Calcium	150.12	mg	3.01%	Calories from Total Fat
Total Fat	6.41	g	Sodium	15618	mg	Vitamin A	0.0	RE	Iron	3.64	mg	*0.47%*	Calories from Sat Fat
Sat Fat	*1.01*	g	Carbs	385.23	g	Vitamin A	3.5	IU	Water ¹	*318.90*	g	*0.00%*	Calories from Trans Fat

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.

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Trans Fat ¹	*0.00*	g	D. Fiber	*2.80*	g	Vitamin C	12.9	mg	Ash ¹	*18.41*	g	80.42%	Calories from Carbs
												1.75%	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													

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