

# Orfalea Foundation- SFI

## 000103 - School Food BBQ Sauce :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 128

Size of Portions: Oz.

050385 OIL, VEGETABLE.....	2 Tbsp
011282 ONIONS,RAW.....	1 QT (chopped)
011215 GARLIC,RAW.....	3/4 cup
011216 GINGER ROOT,RAW.....	1/4 cup
011949 CATSUP,LOW SODIUM.....	1 #10 Can
902181 SUGARS,BROWN,LIGHT.....	8 ozs
901511 MUSTARD,POWDER/DRY.....	2 Tbsp
006971 SAUCE,WORCESTERSHIRE..	1/2 cup
002047 SALT.....	1 Tbsp
002030 PEPPER.....	1 Tbsp

Have on hand or chop onions, mince garlic and peel and mince ginger. Measure out required quantities.

1. Heat oil in a large stock pot and sweat onions, garlic and ginger until onions are tender.
2. Add catsup, brown sugar, dry mustard and worcestershire sauce and whisk together well.
3. Bring to a boil and turn down to a simmer. Season with salt and pepper.
5. Simmer gently for a minimum of 30 minutes and up to an hour (if possible) stirring occasionally to prevent bottom from burning.

### EQUIPMENT:

- 1- Dry measuring cups, full set
- 1- Liquid measuring cups, pint, quart, gallon
- 1- Measuring spoons, full set
- 1- Portable burner (or stovetop if available)
- 1- Stock pot
- 1- Metal kitchen spoon
- 1- Container for cut produce

### EQUIPMENT FOR COOLING:

- 1-6 inch hotel pan, full-sized
- 2-Half gallon ice wands, full and frozen

\*Nutrients are based upon 1 Portion Size (Oz.)

**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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Calories	38 kcal	Cholesterol	0 mg	Protein	0.60 g	Calcium	10.99 mg	8.29%	Calories from Total Fat
Total Fat	0.35 g	Sodium	72 mg	Vitamin A	26.2 RE	Iron	0.25 mg	1.17%	Calories from Sat Fat
Sat Fat	0.05 g	Carbs	9.21 g	Vitamin A	239.0 IU	Water <sup>1</sup>	*23.57* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	0.22 g	Vitamin C	4.6 mg	Ash <sup>1</sup>	*1.14* g	95.83%	Calories from Carbs
								6.28%	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

<sup>1</sup> - denotes optional nutrient values

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