

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 ¹ | *23.57* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ¹ | *0.00* g | D. Fiber | 0.22 g | Vitamin C | 4.6 mg | Ash ¹ | *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

¹ - denotes optional nutrient values

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