



825047 - Stir Fry Sauce

Source: K12 Culinary

Number of Portions: 2

Size of Portion: cup

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Attributes:

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
825055 Juice, ECO Orange, 4 oz, SunCup 030100.....	1 cup	Whisk together orange juice, soy sauce, brown sugar, oil, garlic, ginger, and black pepper. For quality, store at 41° F. until ready to use. If pouring over cooked vegetables, heat sauce until brown sugar crystals have dissolved.
826503 Sauce, Soy, less sodium, Kikkoman.....	1/2 cup	
019334 SUGARS,BROWN.....	1/2 CUP (packed)	
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F...	1 Tbsp	
799903 GARLIC,GRANULATED.....	1 Tbsp	
002021 GINGER,GROUND.....	2 tsp	
002030 PEPPER,BLACK.....	1 tsp	

*Nutrients are based upon 1 Portion Size (cup)

Calories	392	kcal	Cholesterol	0	mg	Sugars	*65.4*	g	Calcium	55.79	mg	15.95%	Calories from Total Fat
Total Fat	6.94	g	Sodium	2317	mg	Protein	5.04	g	Iron	0.97	mg	2.60%	Calories from Saturated Fat
Saturated Fat	1.13	g	Carbohydrates	76.97	g	Vitamin A	6.4	IU	Water ¹	*1.32*	g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00*	g	Dietary Fiber	0.94	g	Vitamin C	60.8	mg	Ash ¹	*0.53*	g	78.62%	Calories from Carbohydrates
												5.15%	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

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.