



825135 - Teriyaki Noodles with Veggies

Source: K12 Culinary

Number of Portions: 48

Size of Portion: 3/4 cup

Components:

Meat/Alt:

Grains: 1 oz

Fruit:

Vegetable: 0.25 cup

Milk:

Recipe Subgroups:

Vegetable, Other

Whole Grain Rich

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050466 SPAGHETTI, WHOLE GRAIN, COOKED, NO SALT.....	3 LBS (dry)	Prepare pasta: Place 2 inch full size perforated pan inside 2 inch full size solid pan. Weigh pasta and break noodles into thirds. Place 1 1/2 lb pasta into each pan and cover completely with water, approximately 1 gal per pan. Steam until pasta is al dente - fully cooked, but firm. Do not overcook. Drain the spaghetti. CCP: Heat to 135° F or higher.
011110 CABBAGE,CKD,BLD,DRND,WO/SALT..... 011823 PEPPERS,SWT,RED,CKD,BLD,DRND,WO/SALT.....	1 lb + 4 OZS (raw, EP, diced) 1 LB (fresh)	Rinse green cabbage and red pepper under running water and drain in a colander. Cut cabbage into quarters and remove core; cut quarters in half, then into 1-inch dices. Weigh required amount of diced cabbage and set aside. Slice off both ends of peppers, creating a flat cylinder. Cut along the veins making flat "planks". Slice planks into 1/4 inch wide strips. Set aside.
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F... 826512 Sauce, Teriyaki, Minor 11001951.....	1/3 cup 1 1/2 cups	Heat a tilt skillet to medium-high heat and add the vegetable oil. When the oil is shimmering, add the cabbage and red peppers and stir-fry for about 2 minutes. Add the cooked noodles and continue to stir fry for approximately 2 minutes. Add the teriyaki sauce and cook for an additional minute, stirring constantly. When the vegetables are tender-crisp, transfer the stir fry to a full size 2 inch pan and cover. CCP: Heat to 135° F or higher.
		Serve 3/4 cup of the teriyaki noodles using a 6 oz spoodle. May use tongs to fill spoodle if needed. CCP: Hold for hot service at 135° F or higher.
		This recipe is best prepared for just in time service. Leftovers are not optimal quality when reheated.

*Nutrients are based upon 1 Portion Size (3/4 cup)

Calories	145 kcal	Cholesterol	0 mg	Sugars	*5.8* g	Calcium	75.31 mg	13.90%	Calories from Total Fat
Total Fat	2.23 g	Sodium	95 mg	Protein	5.51 g	Iron	1.00 mg	1.92%	Calories from Saturated Fat
Saturated Fat	0.31 g	Carbohydrates	28.47 g	Vitamin A	321.4 IU	Water ¹	*131.09* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	5.84 g	Vitamin C	62.3 mg	Ash ¹	*0.82* g	78.80%	Calories from Carbohydrates
								15.24%	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.