



825048 - California Blend Stir Fry:Skil

Source: K12 Culinary

Number of Portions: 35

Size of Portion: 1/2 cup

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Other

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826507 Vegetables, California Blend, Frozen.....	6 lbs	Thaw vegetables in perforated pan set over a solid pan overnight in refrigerator. CCP: Hold at 41° F or lower.
825047R Stir Fry Sauce.....	1 1/2 cups	Prepare school-made Stir Fry Sauce according to the recipe # 825047. Measure required amount and store any leftover sauce in the refrigerator for future use.
011283 ONIONS,CKD,BLD,DRND,WO/SALT.....	2 LBS (fresh, sliced)	Rinse onions under running water and drain well. Cut onions in half, then into quarters, then cut quarters into ¼ inch slices.
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F...	2 Tbsp	Heat tilting skillet to medium (325° F). Add oil and onions. Sauté onions for 3 to 4 minutes until translucent. Add thawed, drained vegetables and stir fry for approximately 5 minutes until lightly browned. Turn skillet off before adding stir fry sauce. Toss vegetables in sauce for 30 seconds to 1 minute. CCP: Heat to 135° F or higher.
		Transfer 3 lb of vegetables to each 2 inch full size pan. Serve using 4 oz spoodle or no. 8 scoop/disher. This product is best when prepared for just in time service as leftovers are not good quality. CCP: Hold for hot service at 135° F or higher.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	55 kcal	Cholesterol	0 mg	Sugars	*5.6* g	Calcium	6.84 mg	18.08%	Calories from Total Fat
Total Fat	1.11 g	Sodium	123 mg	Protein	2.32 g	Iron	0.09 mg	2.86%	Calories from Saturated Fat
Saturated Fat	0.18 g	Carbohydrates	9.01 g	Vitamin A	1372.9 IU	Water ¹	*17.82* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.15 g	Vitamin C	22.9 mg	Ash ¹	*0.11* g	65.05%	Calories from Carbohydrates
								16.75%	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

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