



825049 - California Blend Stir Fry:Stea

Source: K12 Culinary

Number of Portions: 26

Size of Portion: 1/2 cup

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Other

Attributes:

Ethnic Foods

Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826507 Vegetables, California Blend, Frozen...	5 lbs	Thaw vegetables overnight in refrigerator. CCP: Hold at 41 degrees F. or lower.
825047R Stir Fry Sauce.....	1 cup	Prepare school-made Stir Fry Sauce according to the recipe. Measure required amount and store any leftover sauce in the refrigerator for future use. Heat the sauce to be poured over steamed vegetables to dissolve brown sugar crystals.
		Place 5 lbs. of vegetables in 2 inch deep perforated pan. Steam until vegetables are al dente, and brightly colored - approximately 5 minutes. Do not overcook. CCP: Heat to 135° F or higher.
		Transfer the 5 lb of steamed vegetables to 2 inch deep full size steamtable pan. Top with 1 cup of heated stir fry sauce and stir gently to combine. 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	41 kcal	Cholesterol	0 mg	Sugars	*4.6* g	Calcium	2.01 mg	5.87%	Calories from Total Fat
Total Fat	0.27 g	Sodium	115 mg	Protein	2.25 g	Iron	0.03 mg	0.95%	Calories from Saturated Fat
Saturated Fat	0.04 g	Carbohydrates	7.04 g	Vitamin A	1541.7 IU	Water ¹	*0.05* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.08 g	Vitamin C	23.2 mg	Ash ¹	*0.02* g	69.03%	Calories from Carbohydrates
								22.07%	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.