825049 - California Blend Stir Fry:Stea

Source: K12 Culinary
Number of Portions: 26
Size of Portion: 1/2 cup

Components:		Recipe Subgroups:	Attributes:
Meat/Alt:		Vegetable, Other	
Grains:			
Fruit:			
Vegetable:	0.5 cup		
Milk:			

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826507 Vegetables, California Blend, Frozen...	5 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 cup	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. Heat the sauce to be poured over steamed vegetables to dissolve brown sugar crystals.
		Place 5 lb of vegetables in each 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 full size pan. Top with 1 cup of heated stir fry sauce and stir gently to combine. Serve using 4 oz spoodle or no. 8 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	2.15	mg	5.90%	Calories from Total Fat
Total Fat	0.27	g	Sodium	115	mg	Protein	2.25	g	Iron	0.04	mg	0.96%	Calories from Saturated Fat
Saturated Fat	0.04	g	Carbohydrates	7.07	g	Vitamin A	1539.6	IU	Water[1]	*0.05*	g	*0.00%*	Calories from Trans Fat
Trans Fat[2]	*0.00*	g	Dietary Fiber	2.09	g	Vitamin C	23.9	mg	Ash[1]	*0.02*	g	69.41%	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.