



825019 - Nutty Asian Noodles

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:

Whole Grain Rich

Vegetable, Other

Vegetable, Other

Attributes:

Vegetables

Grain

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
050465 SPAGHETTI, WHOLE GRAIN, DRY..... 050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F....	3 lbs 3 Tbsp	Place 2 inch deep full size perforated pans inside 2 inch deep solid, full size steamtable pans. Weigh pasta and add 1 1/2 lbs. of pasta per pan. Break noodles into thirds. Cover each pan completely with water, approximately 1 1/2 gal. Steam until pasta is al dente - fully cooked, but firm. Do not overcook. Rinse with cold water and drain. Place pasta in storage container and toss with vegetable oil to prevent sticking. Cover and store in refrigerator until ready to proceed with the recipe. The noodles work best for this dish if cooked and cooled the day prior to preparing the recipe. CCP: Heat to 135° F or higher. CCP: Cool to 41° F or lower within 4 hours. CCP: Hold at 41 degrees F. or lower.
011205 CUCUMBER,WITH PEEL,RAW..... 011112 CABBAGE,RED,RAW..... 011165 CORIANDER (CILANTRO) LEAVES,RAW.....	2 LBS (AP) 1 lb + 4 ozs 1 1/2 cups	CCP: No bare hand contact with ready to eat food. Rinse cucumber, red cabbage, and cilantro under running water. Roll cilantro in disposable paper towel to dry. Drain cucumbers and cabbage in a colander. Trim the ends off of the cucumbers and cut in half lengthwise. Then cut diagonally across the cucumber into 1/4 inch slices. Shred the red cabbage into fine ribbons using a chef knife or a slicing blade on a food processor. Roll cilantro into tight bundle and chop into thin ribbons (chiffonade). Add the cucumbers, red cabbage, and cilantro to the chilled noodles. CCP: Hold at 41 degrees F. or lower.
		CCP: No bare hand contact with ready to eat food.

050386 PEANUT BUTTER, SMOOTH, WITH ADDED SALT.....	1 cup	<p>Cover the peanut butter and heat in the steamer to soften. Combine softened peanut butter, <u>warm</u> water, vegetable oil, soy sauce, white vinegar, sweet chili sauce, sriracha, and ground ginger. Whisk vigorously to blend.</p> <p>Pour the peanut sauce over the vegetables and noodles and mix gently with tongs, until well combined. Transfer the salad to a 2-inch deep full-size steamtable pan. Cover and hold chilled until service. Just before service, gently stir the salad once again. Serve ¾ c using 6 oz. spoodle. You may use tongs to fill spoodle. CCP: Hold and Serve at 41 degrees F. or lower.</p>
014429 WATER,MUNICIPAL.....	3/4 cup	
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F....	1/4 cup	
826503 Sauce, Soy, less soduim, Kikkoman.....	1/4 cup	
002053 VINEGAR,DISTILLED.....	1/4 cup	
826498 Sauce, Sweet Chili, Mae Ploy.....	1/4 cup	
826497 Sauce, Sriracha, Huy Fong.....	1 Tbsp	
002021 GINGER,GROUND.....	1/2 tsp	

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

Calories	158 kcal	Cholesterol	0 mg	Sugars	*1.4* g	Calcium	22.64 mg	28.79%	Calories from Total Fat
Total Fat	5.06 g	Sodium	101 mg	Protein	5.70 g	Iron	1.30 mg	5.12%	Calories from Saturated Fat
Saturated Fat	0.90 g	Carbohydrates	24.98 g	Vitamin A	184.9 IU	Water ¹	*30.60* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.48 g	Vitamin C	7.3 mg	Ash ¹	*0.15* g	63.13%	Calories from Carbohydrates
								14.42%	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.