



## 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:

Whole Grain Rich

Vegetable, Other

### Attributes:

Vegetables

Grain

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050466 SPAGHETTI, WHOLE GRAIN, COOKED, NO SALT.....	3 LBS (dry)	<p>Prepare pasta: Place 2 inch deep full size perforated pan inside 2 inch deep solid, full size steamtable pan. Weigh pasta and break noodles into thirds. Place 1 1/2 lb pasta into each pan and cover completely with water, approximately 1 1/2 gal per pan. Steam until pasta is al dente - fully cooked, but firm. Do not overcook. Drain the spaghetti.</p> <p><b>CCP:</b> Heat to 135° F or higher.</p>
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)	<p>Rinse green cabbage and red pepper 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.</p> <p>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.</p>
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F... 826512 Sauce, Teriyaki, Minor 11001951.....	1/3 cup 1 1/2 cups	<p>Heat a tilt skillet to medium-high heat.</p> <p>Add vegetable oil. When the oil is shimmering, add the cabbage and peppers and stir-fry for about 2 minutes.</p> <p>Add the cooked spaghetti noodles and continue to stir-fry for 2 minutes.</p> <p>Add the teriyaki sauce and continue to stir-fry for about 1 minute. When the vegetables are tender-crisp transfer the stir-fry to a full-size 2-inch steamtable pan; cover.</p> <p><b>CCP:</b> Heat to 135° F or higher.</p>
		<p>Serve 3/4 cup of the teriyaki noodles using a 6 ounce spoodle. May use tongs to fill spoodle if needed.</p> <p><b>CCP:</b> Hold for hot service at 135° F or higher</p>

		This recipe is best prepared for just in time service to avoid excessive leftovers. Leftovers are not optimal quality when reheated.
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\*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 <sup>1</sup>	*131.09*	g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00	g	Dietary Fiber	5.84	g	Vitamin C	62.3	mg	Ash <sup>1</sup>	*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  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.