



## 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:

Ethnic Foods

Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826507 Vegetables, California Blend, Frozen.....	6 lbs	Thaw vegetables overnight in refrigerator.
825047R Stir Fry Sauce.....	1 1/2 cups	<b>CCP: Hold at 41 degrees F. or lower.</b> Prepare school-made Stir Fry Sauce according to the recipe. 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 degrees F). Add oil and onions. Sauté onions for 3 to 4 minutes until lightly browned and caramelized. Add thawed vegetables and stir fry for approximately 5 min until lightly browned and caramelized. <b>CCP: Cook to an internal temperature of 135 degrees F.</b> Turn skillet off before adding stir fry sauce. Toss vegetables in sauce for 30 seconds to 1 minute, then remove from heat.
		Transfer 3 lbs. of vegetables to each 2 inch deep full size steamtable 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. <b>CCP: Hold for hot service at 135° F or higher</b>

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

Calories	55 kcal	Cholesterol	0 mg	Sugars	*5.6* g	Calcium	6.68 mg	18.04%	Calories from Total Fat
Total Fat	1.11 g	Sodium	123 mg	Protein	2.33 g	Iron	0.09 mg	2.85%	Calories from Saturated Fat

Saturated Fat	0.18 g	Carbohydrates	8.98 g	Vitamin A	1375.2 IU	Water <sup>1</sup>	*17.82* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	2.15 g	Vitamin C	22.1 mg	Ash <sup>1</sup>	*0.11* g	64.74%	Calories from Carbohydrates
								16.77%	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.									