Chicken Stir Fry

Recipe: R-0813 HACCP Process: Same Day Service

of Servings:88.00Serving Size:4 ozSource:LOCALGrams Per Serving:324.37Fat Change %:0.00Moisture Change %:0.00

Cost Per Serving: 0.00 *** Incomplete Cost Per Serving ***

Spice, Oil, Canola Pepper/Onion Blend, Frozen Vegetable, Broccoli Florets, Frozen Vegetable, Broccoli Florets, Frozen Chicken Strips, Cooked, Frz, USDA 20 LB Chicken Strips, Cooked, Frz, USDA 20 LB Chicken Strips, Cooked, Frz, USDA 20 LB 2. Add in chicken strips and mix well. Sprinkle salt, garlic powder and ginger. Mix well. Salt, Table Spice, Garlic Powder Spice, Ginger, ground 1 TBSP Water, Hot 2 QUART + 2 CUP 3. Add chicken base to water and mix well. Pour this onto the mixture and cook until internal temperature reaches 165°. YOU WILL NEED TO MAKE THIS 2 TIMES!! Spice, Base, Chicken 1-1/2 OZ Sauce, Soy 1 CUP + 1/4 CUP 4. While the mixture is cooking mix together another chicken both mixture. Then add soy sauce, sugar and cornstarch. Add this mixture to chicken and stir until chicken and vegetables are coated with a thick sauce. Cornstarch Spice, Base, Chicken 5. Serve immediately with a 4 oz spoodle. Great over Fried rice or steamed rice. Spice, Base, Chicken 1-1/2 OZ No Directions) Wider, Hot Spice, Base, Chicken 1-1/2 OZ No Directions)	Inventory Item Code	Ingredients	Measurements	Directions
Vegetable, Broccoli Florets, Frozen Chicken Strips, Cooked, Frz, USDA 20 LB 20 LB 21, Table Salt, Table Spice, Garlic Powder Spice, Garlic Powder Spice, Ginger, ground 11 TBSP Water, Hot Spice, Base, Chicken 1-1/2 OZ Sauce, Soy 1 CUP + 1/4 CUP Sugar, White, Granulated, 25# Water, Hot Spice, Base, Chicken 1-1/2 OZ 1 CUP + 1/4 CUP Sugar, White, Granulated, 25# Water, Hot Spice, Base, Chicken Spice, Base, Chicken 1-1/2 OZ 5 Serve immediately with a 4 oz spoodle. Great over Fried rice or stearmed rice. Spice, Base, Chicken 1-1/2 OZ (No Directions)		Spice, Oil, Canola	1 CUP	
Chicken Strips, Cooked, Frz, USDA 20 LB 21 Add in chicken strips and mix well. Sprinkle salt, garlic powder and ginger. Mix well. Salt, Table Spice, Garlic Powder Spice, Ginger, ground 1 TBSP Water, Hot Spice, Base, Chicken 1-1/2 OZ 2 QUART + 2 CUP Spice, Base, Chicken 1-1/2 OZ 3. Add chicken base to water and mix well. Pour this onto the mixture and cook until internal temperature reaches 165°. YOU WILL NEED TO MAKE THIS 2 TIMES!! Spice, Base, Chicken 1 CUP + 1/4 CUP Sugar, White, Granulated, 25# Water, Hot Spice, Base, Chicken 1 CUP + 1/4 CUP Sugar, White, Granulated, 25# Water, Hot Spice, Base, Chicken 1-1/2 OZ Spice, Base, Chicken 1-1/2 OZ No Directions)		Pepper/Onion Blend, Frozen	20 LB	
Salt, Table Spice, Garlic Powder Spice, Garlic Powder Spice, Ginger, ground 1 TBSP Water, Hot Spice, Base, Chicken 1-1/2 OZ Spice, Soy 1 CUP + 1/4 CUP Sugar, White, Granulated, 25# Water, Hot Spice, Base, Chicken 1-1/2 OZ Spice, Base, Chicken 1-1/2 OZ Spice, Base, Chicken 1-1/2 OZ Spice, Base, Chicken 1 CUP + 1/4 CUP Sugar, White, Granulated, 25# Spice, Base, Chicken Spice, Base, Chicken 1-1/2 OZ Spice, Base, Chicken Spice, Base, Chicken 1-1/2 OZ Spice, Base, Chicken Spice, Base, Chicken Spice, Base, Chicken 1-1/2 OZ Spice, Base, Chicken Spice		Vegetable, Broccoli Florets, Frozen	16 LB	
Spice, Garlic Powder Spice, Ginger, ground 1 TBSP Water, Hot 2 QUART + 2 CUP 3. Add chicken base to water and mix well. Pour this onto the mixture and cook until internal temperature reaches 165°. YOU WILL NEED TO MAKE THIS 2 TIMES!! Spice, Base, Chicken 1-1/2 OZ 4. While the mixture is cooking mix together another chicken broth mixture. Then add soy sauce, sugar and comstarch. Add this mixture to chicken and stir until chicken and vegetables are coated with a thick sauce. Cornstarch Sugar, White, Granulated, 25# Water, Hot Spice, Base, Chicken 5. Serve immediately with a 4 oz spoodle. Great over Fried rice or steamed rice. Spice, Base, Chicken 1-1/2 OZ (No Directions)		Chicken Strips, Cooked, Frz, USDA	20 LB	·
Spice, Ginger, ground Water, Hot 2 QUART + 2 CUP 3. Add chicken base to water and mix well. Pour this onto the mixture and cook until internal temperature reaches 165°. YOU WILL NEED TO MAKE THIS 2 TIMES!! Spice, Base, Chicken 1-1/2 OZ 4. While the mixture is cooking mix together another chicken broth mixture. Then add soy sauce, sugar and cornstarch. Add this mixture to chicken and stir until chicken and vegetables are coated with a thick sauce. Cornstarch Sugar, White, Granulated, 25# Water, Hot Spice, Base, Chicken 5. Serve immediately with a 4 oz spoodle. Great over Fried rice or steamed rice. Spice, Base, Chicken 1-1/2 OZ (No Directions)		Salt, Table	1/4 CUP	
Water, Hot 2 QUART + 2 CUP 3. Add chicken base to water and mix well. Pour this onto the mixture and cook until internal temperature reaches 165°. YOU WILL NEED TO MAKE THIS 2 TIMES!! Spice, Base, Chicken 1-1/2 OZ 4. While the mixture is cooking mix together another chicken broth mixture. Then add soy sauce, sugar and cornstarch. Add this mixture to chicken and stir until chicken and vegetables are coated with a thick sauce. Cornstarch Sugar, White, Granulated, 25# Water, Hot Spice, Base, Chicken 5. Serve immediately with a 4 oz spoodle. Great over Fried rice or steamed rice. Spice, Base, Chicken 1-1/2 OZ (No Directions)		Spice, Garlic Powder	2 OZ	
Pour this onto the mixture and cook until internal temperature reaches 165°. YOU WILL NEED TO MAKE THIS 2 TIMES!! Spice, Base, Chicken 1-1/2 OZ Sauce, Soy 1 CUP + 1/4 CUP 4. While the mixture is cooking mix together another chicken broth mixture. Then add soy sauce, sugar and comstarch. Add this mixture to chicken and stir until chicken and vegetables are coated with a thick sauce. Cornstarch Sugar, White, Granulated, 25# Water, Hot Spice, Base, Chicken 5. Serve immediately with a 4 oz spoodle. Great over Fried rice or steamed rice. Spice, Base, Chicken 1-1/2 OZ (No Directions)		Spice, Ginger, ground	1 TBSP	
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Sugar, White, Granulated, 25# 1 CUP + 1/4 CUP Water, Hot Spice, Base, Chicken 5. Serve immediately with a 4 oz spoodle. Great over Fried rice or steamed rice. Spice, Base, Chicken 1-1/2 OZ (No Directions)		Sauce, Soy	1 CUP + 1/4 CUP	another chicken broth mixture. Then add soy sauce, sugar and cornstarch. Add this mixture to chicken and stir until chicken and vegetables are coated with a
Water, Hot Spice, Base, Chicken 5. Serve immediately with a 4 oz spoodle. Great over Fried rice or steamed rice. Spice, Base, Chicken 1-1/2 OZ (No Directions)		Cornstarch	1 CUP + 1/4 CUP	
Spice, Base, Chicken 5. Serve immediately with a 4 oz spoodle. Great over Fried rice or steamed rice. Spice, Base, Chicken 1-1/2 OZ (No Directions)		Sugar, White, Granulated, 25#	1 CUP + 1/4 CUP	
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Spice, Base, Chicken 1-1/2 OZ (No Directions)		Spice, Base, Chicken		
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Water Het 2 OHADT L 2 CHD (No Directions)		Spice, Base, Chicken	1-1/2 OZ	(No Directions)
Water, not 2 QUART + 2 COP (NO Directions)		Water, Hot	2 QUART + 2 CUP	(No Directions)

Notes:

Production Notes: Record amounts prepared on production record and amounts leftover with temps!

Serving Notes: Serve 1/2 cup with 4 oz. SPOODLE.

Nutrients Per S	erving:	(per 4 oz)			
Calories	210.535	Trans Fat (gm)	0.018	Iron (mg)	0.788*
Protein (gm)	21.593	Chol (mg)	67.744	Calc (mg)	49.992*
Carb (gm)	13.990	Vit A (IU)	865.949*	Sodium (mg)	758.481
Tot Fat (gm)	8.638	VitC (mg)	46.522*	Fiber (gm)	3.466
Sat Fat (gm)	3.324			Sugars (gm)	6.491
Note: * means n	utrient data is	s missing or not a	vailable.		

Meal Components:						
Vegetables (Cups)						
Fruit (Cups)	Dark Green	Red/Orange	Beans/Peas	Starchy	Other	
Whole Grain- Rich (Oz. E	Eq.)	Enriched Grain (Oz. Eq.)	Meat/Alt (Oz. Eq.)	2.000	Fluid Milk (Cups)	

Allergens:

Peanuts (Avoid if have peanut allergy), Wheat, Soybeans