

Chicken Stir Fry

Recipe:	R-0813	HACCP Process:	Same Day Service		
# of Servings:	88.00	Serving Size:	4 oz	Source:	LOCAL
Grams Per Serving:	324.37	Fat Change %:	0.00	Moisture Change %:	0.00
Cost Per Serving:	0.00	*** Incomplete Cost Per Serving ***			

Inventory Item Code	Ingredients	Measurements	Directions
	Spice, Oil, Canola	1 CUP	1. Heat oil in tilt skillet. Add frozen peppers/onions and broccoli florets.
	Pepper/Onion Blend, Frozen	20 LB	
	Vegetable, Broccoli Florets, Frozen	16 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	1/4 CUP	
	Spice, Garlic Powder	2 OZ	
	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 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	1 CUP + 1/4 CUP	
	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	
	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 Serving:		(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 nutrient data is missing or not available.

Meal Components:		(per 4 oz)				
		----- Vegetables (Cups) -----				
Fruit (Cups)	Dark Green	Red/Orange	Beans/Peas	Starchy	Other	
Whole Grain- Rich (Oz. Eq.)		Enriched Grain (Oz. Eq.)	Meat/Alt (Oz. Eq.)	2.000	Fluid Milk (Cups)	

Allergens:

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