



Recipe Production

Recipe Number: MV026

Recipe Name: TOFU CRISPY K-8

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Complex

Serving Description: 1 SVG = 3/4 CUP

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	3/4 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3020	TOFU FIRM WESTSOY 2/6 LB	25	Pound			(Unassigned)
1309	OIL VEGETABLE 6/1 GAL	1	Quart	2 2/3	Tbsp	(Unassigned)
	SOY SAUCE GFLS	1	Fl Oz	2 1/3	tsp	(Unassigned)
1307	OIL SESAME TOASTED 4/1 GAL	1	Cup	2	tsp	(Unassigned)
1072	SZECHUAN PASTE 24/6.7 OZ	2	Tbsp	2 1/3	tsp	(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times: Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Recipe Source: Boulder Valley School District Food Services
 Freeze tofu over night.
 Thaw completely, squeeze liquid by hand.

Preparation Instructions

Dice into bite size pieces.
 Toss with oil, soy sauce and szechuan. Weigh into fishtubs.

Serving Instructions

Bake at 375 degrees on sheetpans for 10 minutes or until golden brown.
 Serve over brown rice.
 1 svg = 3/4 cup (approx 4 oz weight)



Recipe Production

Recipe Number: MV026

Recipe Name: TOFU CRISPY K-8

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	18,058.4214	143.6962	180.5842		
Saturated Fat	g	221.8467	1.7653	2.2185	11.06	
Sodium	mg	4,444.1229	35.3632	44.4412		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	1,608.2976	12.7977	16.0830	80.15	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	208.3120	1.6576	2.0831	4.61	
Total Dietary Fiber	g	102.0573	0.8121	1.0206		
Protein	g	928.7452	7.3903	9.2875	20.57	
Vitamin A (RE)	RE	113.4054	0.9024	1.1341		*
Vitamin A (IU)	IU	0.0000	0.0000	0.0000		*
Vitamin C	mg	22.6836	0.1805	0.2268		*
Calcium	mg	22,793.3969	181.3738	227.9340		*
Iron	mg	182.8511	1.4550	1.8285		*
Moisture	g	9,633.3356	76.6553	96.3334		*
Ash	g	114.5364	0.9114	1.1454		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
3020	TOFU FIRM WESTSOY 2/6 LB	1.00	(Unassigned)	25	0.00	LB	/
1309	OIL VEGETABLE 6/1 GAL	1.00	(Unassigned)	0	0.26	GAL	/
	SOY SAUCE GFLS	1.00	(Unassigned)				/
1307	OIL SESAME TOASTED 4/1 GAL	1.00	(Unassigned)	0	0.07	GAL	/
1072	SZECHUAN PASTE 24/6.7 OZ	1.00	(Unassigned)	0	0.26	JAR	/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: