



## Recipe Production

**Recipe Number:** HK2235

**Recipe Name:** Eat-a-mame Salad

**Hot:** No

**Recipe Source:** Cook Book

**HACCP Process Category:**

No Cook

**Serving Description:** 1/2 cup

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1/2 cup				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
HK1041	Edamame, Drained, Heated	18	Pound			(Unassigned)
1036	SAUCE SOY GFLS 5.2 GAL	1	Pint			(Unassigned)
1030	VINEGAR WHITE WINE 4/1 GAL	1	Cup			(Unassigned)
Copy of 1027	SUGAR BRN LGT 12/2 LB	1/4				(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	1	Cup			(Unassigned)
2568	GINGER ROOT 1 LB	2	Tbsp	2	tsp	(Unassigned)
1024	SPICE PEPPER RED CRSHD	2	Tbsp	2	tsp	(Unassigned)

**Cooking Instructions**

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

**Pre-Preparation Instructions**

Sourced via partnership with the CIA Healthy Kids Collaborative  
 1) Prepare edamame as directed in sub - recipes. CCP - Minimum internal temperature should be 140 degrees F. or above.

**Preparation Instructions**

- 2) Mix together less sodium soy sauce, unseasoned rice vinegar, and brown sugar until sugar dissolves.
- 3) Add vegetable oil, gingerroot, and red pepper flakes. Whisk to combine.
- 4) Transfer edamame to solid full - size 2 - inch pans. Pour dressing over edamame and stir to coat with dressing. Refrigerate to chill.

**Serving Instructions**

CCP - Cool quickly (per HACCP) to internal temperature of 40 degrees F. or below for service.  
 Cold Hold: Hold at < = 40.00 °F



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	18,085.6252	196.8782	180.8563		
Saturated Fat	g	111.5021	1.2138	1.1150	5.55	
Sodium	mg	19,001.3975	206.8472	190.0140		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	869.3085	9.4632	8.6931	43.26	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	1,442.9224	15.7075	14.4292	31.91	
Total Dietary Fiber	g	653.5063	7.1140	6.5351		
Protein	g	1,388.3747	15.1137	13.8837	30.71	
Vitamin A (RE)	RE	665.6045	7.2457	6.6560		*
Vitamin A (IU)	IU	3,328.0041	36.2283	33.2800		*
Vitamin C	mg	776.4544	8.4524	7.7645		
Calcium	mg	8,033.5156	87.4520	80.3352		
Iron	mg	287.5372	3.1301	2.8754		
Moisture	g	239.3189	2.6052	2.3932		*
Ash	g	0.3674	0.0040	0.0037		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
HK1041	Edamame, Drained, Heated	1.00	(Unassigned)	52	0.68	pound	/
1036	SAUCE SOY GFLS 5.2 GAL	1.00	(Unassigned)			CONT (665 FL	/
1030	VINEGAR WHITE WINE 4/1 GAL	1.00	(Unassigned)	0	0.06	GAL	/
Copy of 1027	SUGAR BRN LGT 12/2 LB	1.00	(Unassigned)	0	0.06	BAG (2 LB)	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.02	CONTAINER (	/
2568	GINGER ROOT 1 LB	1.00	(Unassigned)	0	0.04	CS (1 LB)	/
1024	SPICE PEPPER RED CRSHD	1.00	(Unassigned)	0	0.56	OZ	/

**REPORT CRITERIA:**

Sections Filter(s):

Criteria Filter(s):

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