



Recipe Production

Recipe Number: HK2244

Recipe Name: Kung Pao Stir Fry

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Same Day

Serving Description: 1 cup

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
108	1 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	33	Pound			(Unassigned)
HK12	Spices, Ginger Powder, Bulk	10	TBSP			(Unassigned)
9538	ONION YELLOW JMB 50 LB	18 3/4	Pound, 1/4" dice			(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	1	Cup	8	Tbsp	(Unassigned)
2577	PEPPER GREEN MED 25 LB	13	Pound, julienned	2 1/2	Cup, julienned	(Unassigned)
9579	PEPPER RED 25 LB	15	Pound, Julienned			(Unassigned)
1063	SPICE GARLIC POWDER BULK 25 LB	10	Tbsp			(Unassigned)
1307	OIL SESAME TOASTED 4/1 GAL	1	Cup	2	Tbsp	(Unassigned)
1024	SPICE PEPPER RED CRSHD	4	Tbsp			(Unassigned)
1071	SAUCE THAI CHILI 4/5 LB	13	Ounce			(Unassigned)
1036	SAUCE SOY GFLS 5.2 GAL	1	Pint	1	Cup	(Unassigned)
2529	CELERY CS 30 CT/ 30 LB	12				(Unassigned)

Cooking Instructions				
Cooking Temperature:	0	Cooking Times:	Hours: 0	Minutes: 0

Pre-Preparation Instructions
 Sourced via partnership with the CIA Healthy Kids Collaborative

- Preparation Instructions**
- 1) Preheat oven to 350 degrees F.
 - 2) Combine the diced tofu, onion, bell peppers and celery.
 - 3) Mix together the vegetable oil, toasted sesame oil, garlic powder, ground ginger, and red chili flakes. Pour over the tofu and vegetables and mix to coat.
 - 4) Spray 2 - inch hotel pans with pan release spray. Pour 10 cups tofu and vegetable mixture into prepared pans.
 - 5) Bake, uncovered, in the preheated 350 degree F. oven for about 15 - 20 minutes, or until tofu begins to brown and vegetables are tender - crisp.
 - 6) Mix together the sweet chili sauce and soy sauce.
 - 7) Remove tofu and vegetables from oven. For each pan, distribute 1 cup sauce evenly over each pan. Stir to coat vegetables and tofu.
 - 8) Place back into oven and bake, uncovered, for an additional 3 minutes to help sauce adhere.

Serving Instructions



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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	24,826.3573	61.5732	229.8737		
Saturated Fat	g	219.8250	0.5452	2.0354	7.97	
Sodium	mg	33,807.0885	83.8468	313.0286		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	1,251.3334	3.1035	11.5864	45.36	
Cholesterol	mg	3.6691	0.0091	0.0340		*
Carbohydrate	g	2,284.0916	5.6649	21.1490	36.80	
Total Dietary Fiber	g	587.3828	1.4568	5.4387		
Protein	g	1,485.9155	3.6853	13.7585	23.94	
Vitamin A (RE)	RE	44,600.3680	110.6158	412.9664		*
Vitamin A (IU)	IU	249,595.9098	619.0364	2,311.0732		*
Vitamin C	mg	14,380.8384	35.6667	133.1559		*
Calcium	mg	33,934.0564	84.1617	314.2042		*
Iron	mg	320.5042	0.7949	2.9676		*
Moisture	g	34,261.0118	84.9726	317.2316		*
Ash	g	254.8632	0.6321	2.3598		*

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)	33	0.00	LB	/
HK12	Spices, Ginger Powder, Bulk	1.00	(Unassigned)	0	0.12	Pound	/
9538	ONION YELLOW JMB 50 LB	1.00	(Unassigned)	20	0.67	LB	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.04	CONTAINER (/
2577	PEPPER GREEN MED 25 LB	1.00	(Unassigned)	13	0.50	LB	/
9579	PEPPER RED 25 LB	1.00	(Unassigned)	15	0.01	LB	/
1063	SPICE GARLIC POWDER BULK 25	1.00	(Unassigned)			LB	/
1307	OIL SESAME TOASTED 4/1 GAL	1.00	(Unassigned)	0	0.07	GAL	/
1024	SPICE PEPPER RED CRSHD	1.00	(Unassigned)	0	0.85	OZ	/
1071	SAUCE THAI CHILI 4/5 LB	1.00	(Unassigned)	0	0.16	CONT (5 LB)	/
1036	SAUCE SOY GFLS 5.2 GAL	1.00	(Unassigned)			CONT (665 FL	/
2529	CELERY CS 30 CT/ 30 LB	1.00	(Unassigned)	2	0.67	LB	/

REPORT CRITERIA:

Sections Filter(s):

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