



825047 - Stir Fry Sauce

Source: K12 Culinary
 Number of Portions: 2
 Size of Portion: cup

Components:
 Meat/Alt:
 Grains:
 Fruit:
 Vegetable:
 Milk:

Recipe Subgroups:

Attributes:
 Condiments
 Custom Blends

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
825055 Juice, ECO Orange, 4 oz, SunCup 030100.....	1 cup	Whisk together orange juice, soy sauce, brown sugar, oil, garlic, ginger, and black pepper. For quality, store at 41 degrees F until ready to use.
826503 Sauce, Soy, less sodium, Kikkoman.....	1/2 cup	
019334 SUGARS,BROWN.....	1/2 CUP (packed)	If pouring over cooked vegetables, heat sauce until brown sugar crystals have dissolved.
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F...	1 Tbsp	
799903 GARLIC, GRANULATED.....	1 Tbsp + 1 tsp	
002021 GINGER, GROUND.....	2 tsp	
002030 PEPPER, BLACK.....	1 tsp	

*Nutrients are based upon 1 Portion Size (cup)

Calories	396 kcal	Cholesterol	0 mg	Sugars	*65.4* g	Calcium	56.91 mg	15.79%	Calories from Total Fat
Total Fat	6.95 g	Sodium	2318 mg	Protein	5.28 g	Iron	1.00 mg	2.57%	Calories from Saturated Fat
Saturated Fat	1.13 g	Carbohydrates	77.99 g	Vitamin A	66.4 IU	Water ¹	*1.41* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.08 g	Vitamin C	43.0 mg	Ash ¹	*0.57* g	78.72%	Calories from Carbohydrates
								5.33%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.