



# Recipe Production

**Recipe Number:** MV024

**Recipe Name:** SWEET N SOUR TOFU K-8

**Hot:** Yes

**Recipe Source:** Boulder Valley School District

**HACCP Process Category:**

Complex

**Serving Description:** 3 OZ

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	3 OZ				

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	19	Pound	3 2/3	Ounce	(Unassigned)
SD023	SAUCE SWEET N SOUR	3	Pound	5 3/4	Ounce	(Unassigned)

**Cooking Instructions**

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

**Pre-Preparation Instructions**

Recipe Source: Boulder Valley School District Food Services

**Preparation Instructions**

Drain tofu.  
 Cut each block into 1 oz portions.  
 Shingle the pieces onto parchment lined hotel pan.  
 Pour sauce over the tofu, spread evenly on tofu.  
 Cover, label and date.  
 Bake in 350 degree oven until temperature reaches 140.

**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	9,352.9688	91.2519	93.5297		
Saturated Fat	g	75.4782	0.7364	0.7548	7.26	
Sodium	mg	8,593.1853	83.8391	85.9319		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	364.4968	3.5562	3.6450	35.07	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	970.0748	9.4645	9.7007	41.49	
Total Dietary Fiber	g	82.0994	0.8010	0.8210		
Protein	g	718.6415	7.0114	7.1864	30.73	
Vitamin A (RE)	RE	1,305.6575	12.7386	13.0566		
Vitamin A (IU)	IU	6,092.0844	59.4372	60.9208		
Vitamin C	mg	90.5349	0.8833	0.9053		
Calcium	mg	17,693.7470	172.6284	176.9375		
Iron	mg	149.8699	1.4622	1.4987		
Moisture	g	7,626.2366	74.4051	76.2624		*
Ash	g	90.4734	0.8827	0.9047		*

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)	19	0.23	LB	/
SD023	SAUCE SWEET N SOUR	1.00	(Unassigned)	48	0.94	1 oz	/

**REPORT CRITERIA:**

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: