



## Recipe Production

**Recipe Number:** HK2245

**Recipe Name:** Soy Marinated Tofu

**Hot:** Yes

**Recipe Source:** Cook Book

**HACCP Process Category:**

Same Day

**Serving Description:**

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1/4 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	43	Pound	12	Ounce	(Unassigned)
1036	SAUCE SOY GFLS 5.2 GAL	2	Quart	1 1/3	Cup	(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	4 3/4	Cup			(Unassigned)
1307	OIL SESAME TOASTED 4/1 GAL	1	Pint	1 1/8	Cup	(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 375°F. Line sheet pans with parchment paper and spray lightly with vegetable oil spray.
- 2) Combine the diced tofu with soy sauce, vegetable oil, and toasted sesame oil. Mix until all pieces are coated.
- 3) Transfer the diced tofu to the prepared sheet pans. Bake in the preheated oven for about 15 minutes, or until the tofu is caramelized

**Serving Instructions**

CCP - Minimum internal temperature should be 140 degrees F. or above. CCP - Hold hot (140 degrees F. or above) for use.



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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	31,235.4634	131.2187	312.3546		
Saturated Fat	g	409.6690	1.7210	4.0967	11.80	
Sodium	mg	87,973.1666	369.5711	879.7317		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	2,534.7823	10.6485	25.3478	73.04	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	785.7504	3.3009	7.8575	10.06	
Total Dietary Fiber	g	178.6023	0.7503	1.7860		
Protein	g	1,625.2980	6.8278	16.2530	20.81	
Vitamin A (RE)	RE	198.4550	0.8337	1.9846		
Vitamin A (IU)	IU	0.0000	0.0000	0.0000		
Vitamin C	mg	39.6815	0.1667	0.3968		
Calcium	mg	39,898.7128	167.6126	398.9871		
Iron	mg	325.2596	1.3664	3.2526		
Moisture	g	16,858.3194	70.8210	168.5832		
Ash	g	200.4307	0.8420	2.0043		

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
3020	TOFU FIRM WESTSOY 2/6 LB	1.00	(Unassigned)	43	0.75	LB	/
1036	SAUCE SOY GFLS 5.2 GAL	1.00	(Unassigned)			CONT (665 FL	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.11	CONTAINER (	/
1307	OIL SESAME TOASTED 4/1 GAL	1.00	(Unassigned)	0	0.20	GAL	/

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