



Recipe Production

Recipe Number: MV432

Recipe Name: TERIYAKI TOFU BOWL

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Complex

Serving Description: 1 SVG = 4 OZ SPOODLE

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	4 OZ				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
9521	BROCCOLI CROWNS 20 LB	16	Pound			(Unassigned)
2560	CARROT LOOSE 25 LB	12	Pound			(Unassigned)
1036	SAUCE SOY GFLS 5.2 GAL	1	Quart			(Unassigned)
1027	SUGAR BRN LGT 16/2 LB	14	Ounce	2 1/4	Gram	(Unassigned)
2568	GINGER ROOT 1 LB	8	Tbsp			(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	2	Tbsp			(Unassigned)
1028	VINEGAR APPLE CIDER 4/1 GAL	8	Tbsp			(Unassigned)
TAP	WATER	1	Pint			(Unassigned)
1307	OIL SESAME TOASTED 4/1 GAL	4	Tbsp			(Unassigned)
MV026	TOFU CRISPY K-8	25	Pound			(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Broccoli Yield 81%
 Carrot Yield 83%
 Dice carrots and chop broccoli into small spears.
 Heat oil - add ginger and garlic, sautee quickly.
 Add liquids and rest of ingredients, except veggies and tofu.
 Cool sauce.

Preparation Instructions

Blanch carrots and broccoli seperately and shock them in an ice bath.
 Weigh veggies in hotel pan - 2.56 oz broccoli & 1.5 oz carrots.
 Toss with sauce - 2 cups per 50 servings of veggies.
 Send tofu seperately.

Serving Instructions

Reheat: Veggies in oven or steamer, tofu as per crispy tofu recipe.
 Assemble bowl - 4 oz rice, 4 oz tofu top with veggies
 RICE NOT INCLUDED IN MEAL CONTRIBUTION TALLY



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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	23,193.7603	97.4152	231.9376		
Saturated Fat	g	212.1398	0.8910	2.1214	8.23	
Sodium	mg	45,688.5783	191.8948	456.8858		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	1,538.7873	6.4630	15.3879	59.71	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	1,609.9291	6.7618	16.0993	27.76	
Total Dietary Fiber	g	372.7565	1.5656	3.7276		
Protein	g	1,048.2944	4.4029	10.4829	18.08	
Vitamin A (RE)	RE	136,242.7469	572.2278	1,362.4275		*
Vitamin A (IU)	IU	796,122.3372	3,343.7621	7,961.2234		*
Vitamin C	mg	5,538.4915	23.2620	55.3849		*
Calcium	mg	25,214.0407	105.9005	252.1404		*
Iron	mg	225.1158	0.9455	2.2512		*
Moisture	g	18,570.4461	77.9970	185.7045		*
Ash	g	201.4257	0.8460	2.0143		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
9521	BROCCOLI CROWNS 20 LB	1.00	(Unassigned)	16	0.00	LB	/
2560	CARROT LOOSE 25 LB	1.00	(Unassigned)	12	0.00	LB	/
1036	SAUCE SOY GFLS 5.2 GAL	1.00	(Unassigned)			CONT (665 FL	/
1027	SUGAR BRN LGT 16/2 LB	1.00	(Unassigned)	0	0.44	BAG (2 LB)	/
2568	GINGER ROOT 1 LB	1.00	(Unassigned)	0	0.11	CS (1 LB)	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.04	LB	/
1028	VINEGAR APPLE CIDER 4/1 GAL	1.00	(Unassigned)	0	0.03	GAL	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
1307	OIL SESAME TOASTED 4/1 GAL	1.00	(Unassigned)	0	0.02	GAL	/
MV026	TOFU CRISPY K-8	1.00	(Unassigned)	90	0.24	3/4 CUP	/

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