



## Recipe Production

**Recipe Number:** HK2247

**Recipe Name:** Amazing Tofu Lo Mein

**Hot:** Yes

**Recipe Source:** Cook Book

**HACCP Process Category:**

Same Day

**Serving Description:** 2 1/2 cup

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	2 1/2 cup				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
HK2245	Soy Marinated Tofu	50	Pound			(Unassigned)
HK2246	Vegetable Lo Mein	75	Pound			(Unassigned)

**Cooking Instructions**

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

**Pre-Preparation Instructions**

Sourced via partnership with the CIA Healthy Kids Collaborative  
 1.) Prepare tofu and lo mein according to sub - recipes.

**Preparation Instructions**

2) Serve 1 1/2 cups of the vegetable lo mein noodles topped with 1 cup of the seasoned baked tofu.

**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	124,802.1999	220.1097	1,248.0220		
Saturated Fat	g	540.9747	0.9541	5.4097	3.90	
Sodium	mg	108,992.9925	192.2275	1,089.9299		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	3,360.6657	5.9271	33.6067	24.24	
Cholesterol	mg	0.0000	0.0000	0.0000		*
Carbohydrate	g	20,209.5243	35.6429	202.0952	64.77	
Total Dietary Fiber	g	2,357.0190	4.1570	23.5702		
Protein	g	5,240.8377	9.2431	52.4084	16.80	
Vitamin A (RE)	RE	46,534.4838	82.0714	465.3448		*
Vitamin A (IU)	IU	280,061.0316	493.9348	2,800.6103		
Vitamin C	mg	805.1400	1.4200	8.0514		
Calcium	mg	50,068.5948	88.3044	500.6859		
Iron	mg	1,230.8436	2.1708	12.3084		
Moisture	g	25,305.0966	44.6298	253.0510		
Ash	g	691.8534	1.2202	6.9185		

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
HK2245	Soy Marinated Tofu	1.00	(Unassigned)	95	0.28	1/4 cup	/
HK2246	Vegetable Lo Mein	1.00	(Unassigned)	72	0.01	1.5 cup	/

**REPORT CRITERIA:**

Sections Filter(s):

Criteria Filter(s):

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