



## Recipe Production

**Recipe Number:** HK2248

**Recipe Name:** Tofu with Noodles and Bok Choy

**Hot:** Yes

**Recipe Source:** Cook Book

**HACCP Process Category:**

Same Day

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

| Projected Yield |              | Actual Yield |              | Leftovers | Disposition |
|-----------------|--------------|--------------|--------------|-----------|-------------|
| Quantity        | Serving Size | Quantity     | Serving Size |           |             |
| 100             | 1 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     |
|--------------|-----------------------------|----------|-----------|----------|-----------|--------------|
| PV006        | PASTA SPAG COOKED           | 38       | Pound     | 12 2/3   | Ounce     | (Unassigned) |
| HK12         | Spices, Ginger Powder, Bulk | 3/4      | Tsp       |          |           | (Unassigned) |
| 1036         | SAUCE SOY GFLS 5.2 GAL      | 1        | Quart     | 1 3/4    | Pint      | (Unassigned) |
| TAP          | WATER                       | 1        | Quart     | 1 3/4    | Cup       | (Unassigned) |
| 1028         | VINEGAR APPLE CIDER 4/1 GAL | 1        | Pint      | 1        | Tbsp      | (Unassigned) |
| 1307         | OIL SESAME TOASTED 4/1 GAL  | 1        | Pint      |          |           | (Unassigned) |
| 1311         | OIL OLIVE CANOLA BLEND 10 L | 5 1/4    | Tbsp      |          |           | (Unassigned) |
| 9607         | BOK CHOY                    | 5        | Pound     | 1 1/2    | Ounce     | (Unassigned) |
| 2575         | ONION GREEN 12 BUNCH        | 10       | Ounce     | 10 2/3   | Gram      | (Unassigned) |
| 3020         | TOFU FIRM WESTSOY 2/6 LB    | 18       | Pound     | 1 2/3    | Ounce     | (Unassigned) |
| 2570         | GARLIC WHOLE PEELED 5 LB    | 5        | Tbsp      | 3/4      | tsp       | (Unassigned) |
| 2600         | CILANTRO 6 CT               | 1        | Cup       | 5 1/3    | Tbsp      | (Unassigned) |

| Cooking Instructions        |   |                       |                 |                   |
|-----------------------------|---|-----------------------|-----------------|-------------------|
| <b>Cooking Temperature:</b> | 0 | <b>Cooking Times:</b> | <b>Hours:</b> 0 | <b>Minutes:</b> 0 |

**Pre-Preparation Instructions**

Sourced via partnership with the CIA Healthy Kids Collaborative

1.) Cook WG Pasta according to sub - recipe.

**Preparation Instructions**

- 1) Combine soy sauce, water, apple cider vinegar and sesame oil in a large bowl to make the sauce. Set aside.
- 2) Heat vegetable oil on a tilt skillet or wok, add bok choy and stir fry until it begins to wilt, about 3 - 5 minutes.
- 4) Add garlic ginger, and green onions and cook another 2 - 3 minutes until fragrant.
- 5) Add sauce and cubed tofu to the vegetable mixture and bring to a boil.
- 6) Add the cooked spaghetti and cilantro, toss gently, heat through until CCP - Minimum internal temperature should be at least 165 degrees F. (for 15 seconds).

**Serving Instructions**



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**Recipe Name:** Tofu with Noodles and Bok Choy

| Nutrient            | Unit | Recipe Nutrient Value | Nutrient Value per 100 Grams | Nutrient Value per Serving | % of Calories | Missing Value |
|---------------------|------|-----------------------|------------------------------|----------------------------|---------------|---------------|
| Food Energy         | kcal | 41,209.7320           | 125.7772                     | 412.0973                   |               |               |
| Saturated Fat       | g    | 191.4077              | 0.5842                       | 1.9141                     | 4.18          |               |
| Sodium              | mg   | 293,725.1520          | 896.4855                     | 2,937.2515                 |               |               |
| Total Trans         | g    | 0.0000                | 0.0000                       | 0.0000                     |               | *             |
| Total Fat           | g    | 1,244.9692            | 3.7998                       | 12.4497                    | 27.19         |               |
| Cholesterol         | mg   | 0.0000                | 0.0000                       | 0.0000                     |               | *             |
| Carbohydrate        | g    | 6,216.0980            | 18.9723                      | 62.1610                    | 60.34         |               |
| Total Dietary Fiber | g    | 732.0149              | 2.2342                       | 7.3201                     |               |               |
| Protein             | g    | 1,803.9898            | 5.5060                       | 18.0399                    | 17.51         |               |
| Vitamin A (RE)      | RE   | 4,582.9728            | 13.9878                      | 45.8297                    |               | *             |
| Vitamin A (IU)      | IU   | 173,880.9271          | 530.7061                     | 1,738.8093                 |               | *             |
| Vitamin C           | mg   | 501.1592              | 1.5296                       | 5.0116                     |               | *             |
| Calcium             | mg   | 21,746.4318           | 66.3728                      | 217.4643                   |               | *             |
| Iron                | mg   | 431.4045              | 1.3167                       | 4.3140                     |               | *             |
| Moisture            | g    | 21,134.8576           | 64.5062                      | 211.3486                   |               | *             |
| Ash                 | g    | 798.5915              | 2.4374                       | 7.9859                     |               | *             |

| Stock Number | Description                 | Units per |              | Cases | Broken Units | Broken Unit Description | Actual Used |
|--------------|-----------------------------|-----------|--------------|-------|--------------|-------------------------|-------------|
|              |                             | Case      | Location     |       |              |                         |             |
| PV006        | PASTA SPAG COOKED           | 1.00      | (Unassigned) | 32    | 0.90         | 1 LB                    | /           |
| HK12         | Spices, Ginger Powder, Bulk | 1.00      | (Unassigned) | 0     | 0.00         | Pound                   | /           |
| 1036         | SAUCE SOY GFLS 5.2 GAL      | 1.00      | (Unassigned) |       |              | CONT (665 FL            | /           |
| TAP          | WATER                       | 1.00      | (Unassigned) | 0     | 0.00         | UNLIMITED               | /           |
| 1028         | VINEGAR APPLE CIDER 4/1 GAL | 1.00      | (Unassigned) | 0     | 0.13         | GAL                     | /           |
| 1307         | OIL SESAME TOASTED 4/1 GAL  | 1.00      | (Unassigned) | 0     | 0.12         | GAL                     | /           |
| 1311         | OIL OLIVE CANOLA BLEND 10 L | 1.00      | (Unassigned) | 0     | 0.01         | CONTAINER (             | /           |
| 9607         | BOK CHOY                    | 1.00      | (Unassigned) | 5     | 0.09         | LB                      | /           |
| 2575         | ONION GREEN 12 BUNCH        | 1.00      | (Unassigned) | 3     | 0.27         | BUNCH                   | /           |
| 3020         | TOFU FIRM WESTSOY 2/6 LB    | 1.00      | (Unassigned) | 18    | 0.10         | LB                      | /           |
| 2570         | GARLIC WHOLE PEELED 5 LB    | 1.00      | (Unassigned) | 0     | 0.10         | LB                      | /           |
| 2600         | CILANTRO 6 CT               | 1.00      | (Unassigned) | 0     | 0.64         | BUNCH                   | /           |

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