



## Recipe Production

**Recipe Number:** HK2246

**Recipe Name:** Vegetable Lo Mein

**Hot:** Yes

**Recipe Source:** Cook Book

**HACCP Process Category:**

Same Day

**Serving Description:** 1 1/2 cups

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1.5 cup				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
9538	ONION YELLOW JMB 50 LB	15	Pound, 1/4" dice			(Unassigned)
2524	CABBAGE GREEN 12 CT	2 1/2	Pound, Shredded			(Unassigned)
G-12	TERIYAKI SAUCE	1	Quart	1 1/3	Pint	(Unassigned)
2560	CARROT LOOSE 25 LB	5	Pound, Shredded (			(Unassigned)
1307	OIL SESAME TOASTED 4/1 GAL	1	Pint	1 3/4	Cup	(Unassigned)
1057	SAUCE SRIRACHA	20	tbsp			(Unassigned)
3530	PASTA SPAG WG 2/10 LB	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 WG Spaghetti Noodles according to sub - recipe

**Preparation Instructions**

- 2) Place 5 pounds cooked spaghetti in each hotel pan.
  - 3) Pour teriyaki glaze into a liquid measuring container. Whisk in toasted sesame oil, and sriracha.
  - 4) Pour 4 1/4 cups plus 2 tablespoons sauce mixture over each pan.
  - 5) Cover and bake in the preheated 350 degrees F. for about 30 – 40 minutes.
- CCP: Cook to a minimum internal temperature of 165°F.
- 6) Remove from the oven. Stir to distribute the sauce and vegetables into the noodles.

**Serving Instructions**

CCP - Hold hot (140 degrees F. or above) for service.



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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	131,986.2744	279.3703	1,319.8627		
Saturated Fat	g	209.2446	0.4429	2.0924	1.43	
Sodium	mg	34,960.0023	73.9985	349.6000		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	1,313.1527	2.7795	13.1315	8.95	
Cholesterol	mg	0.0000	0.0000	0.0000		*
Carbohydrate	g	27,025.6689	57.2042	270.2567	81.90	
Total Dietary Fiber	g	3,036.9519	6.4282	30.3695		
Protein	g	5,127.5552	10.8533	51.2756	15.54	
Vitamin A (RE)	RE	64,360.6846	136.2298	643.6068		*
Vitamin A (IU)	IU	388,925.9566	823.2247	3,889.2596		
Vitamin C	mg	1,065.6403	2.2556	10.6564		
Calcium	mg	16,739.7081	35.4323	167.3971		
Iron	mg	1,278.9478	2.7071	12.7895		
Moisture	g	12,835.7778	27.1690	128.3578		
Ash	g	695.5764	1.4723	6.9558		

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
9538	ONION YELLOW JMB 50 LB	1.00	(Unassigned)	16	0.53	LB	/
2524	CABBAGE GREEN 12 CT	1.00	(Unassigned)	1	0.10	HEAD	/
G-12	TERIYAKI SAUCE	1.00	(Unassigned)	54	0.98	2 Tablespoon	/
2560	CARROT LOOSE 25 LB	1.00	(Unassigned)	4	0.94	LB	/
1307	OIL SESAME TOASTED 4/1 GAL	1.00	(Unassigned)	0	0.23	GAL	/
1057	SAUCE SRIRACHA	1.00	(Unassigned)	20	0.00	CONTAINER	/
3530	PASTA SPAG WG 2/10 LB	1.00	(Unassigned)	7	0.50	BOX (10 LB)	/

**REPORT CRITERIA:**

Sections Filter(s):

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