

Project Bread

Recipe: 000009 Chicken Teriyaki Stir Fry

Recipe Source: chef in schools
 Recipe Group: ENTREES

Recipe HACCP Process:

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 1Cup & 1 CupRice

902382 Teriyaki Sauce, Lawrence..... 014429 WATER, MUNICIPAL..... 020027 CORNSTARCH..... 004058 OIL, SESAME, SALAD OR COOKING..... 004582 VEGETABLE OIL, CANOLA..... 902368 Ginger Paste..... 011215 GARLIC, RAW..... 902514 Chicken, Cooked, Diced, Frozen- Commodity..... 902479 PINEAPPLE, CANNED, TIDBITS, SOLIDS AND LIQUID..... 902369 Sugar Snap Peas..... 011260 MUSHROOMS, RAW..... 050451 RICE, LONG GRAIN, BROWN, COOKED, WITHOUT SALT... 050181 Chinese Style Vegetables.....	1 QT + 1 CUP 3 QT + 1 1/4 cup 8 fl oz 1/2 LB + 1 OZ 1/2 CUP + 1 TSP 1/2 CUP + 1 TSP 4 1/2 OZ 18 OZ 13 LB 110 OZ 8 1/3 LB 2 LB + 3 1/2 OZ 100 CUP 9 LB	<p>For schools that have a stovetop, tilt skillet, or kettle:</p> <ol style="list-style-type: none"> 1. Mix together the teriyaki sauce, water, and corn starch to form a slurry. 2. Heat tilt skillet on medium-high and add the sesame oil, vegetable oil, ginger, and garlic and cook for 2 minutes. Make sure to stir so that the ingredients don't burn. 3. Add the chicken to the skillet. Stir the teriyaki sauce mixture and add this to the skillet. Add the diced pineapple and juice to the mixture at this point. Make sure mixture reaches 165°. 4. Place chicken and sauce into 4-inch hotel pans filling each only 1/2 way full. Hold chicken and sauce hot until service. 5. Put vegetables in perforated hotel pans and steam vegetables for 2 minutes only. 6. Add the vegetables to the hotel pans with the chicken and sauce Mix well. <p>NOTE: Only add vegetables to the pans that you are going to serve in that same lunch period. Stirfry will not be good if made ahead and allowed to sit in the warmer.</p> <ol style="list-style-type: none"> 7. Make rice and hold hot. Serve 1 cup of the chicken and vegetable mixture over 1 cup of rice. <p>For schools without a stovetop, tilt skillet, or kettle:</p> <ol style="list-style-type: none"> 1. Mix together the teriyaki sauce, water, and corn starch to form a slurry. 2. Heat the oven to 350°F. Divide the sesame oil, olive oil, ginger, and garlic evenly between two 4" hotel pans. Cook for 5 minutes. 3. Add the chicken, pineapple and juice and teriyaki sauce mixture to the pan and stir. Heat to 165° F and hold in hot box. <p>Continue with step 5 above.</p>
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*Nutrients are based upon 1 Portion Size (1Cup & 1 CupRice)

Calories	452 kcal	Cholesterol	*49.92* mg	Protein	*22.13* g	Calcium	*148.16* mg	*19.73%*	Calories from Total Fat
Total Fat	*9.91* g	Sodium	567.86 mg	Vitamin A	*467.51* RE	Iron	*3.22* mg	*3.79%*	Calories from Saturated Fat
Saturated Fat	*1.91* g	Carbohydrates	66.85 g	Vitamin A	*2337.99* IU	Water ¹	*43.88* g	*0.01%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	6.24 g	Vitamin C	*34.54* mg	Ash ¹	*0.20* g	59.13%	Calories from Carbohydrates
								19.58%	Calories from Protein

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz				? - Milk
Grain.....	oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902382	Teriyaki Sauce, Lawrence			
I	014429	WATER,MUNICIPAL			
I	020027	CORNSTARCH			
I	004058	OIL,SESAME,SALAD OR COOKING			
I	004582	VEGETABLE OIL,CANOLA			
I	902368	Ginger Paste			
I	011215	GARLIC,RAW			
I	902514	Chicken, Cooked, Diced, Frozen- Commodity			
I	902479	PINEAPPLE, CANNED, TIDBITS, SOLIDS AND			
I	902369	Sugar Snap Peas			
I	011260	MUSHROOMS,RAW			
I	050451	RICE, LONG GRAIN, BROWN, COOKED, WITH			
I	050181	Chinese Style Vegetables			

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