

Idaho Child Nutrition Programs

Recipe: 000033 Asian Fresh Vegetables K-12

Recipe Source: Chef Brenda
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

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

050482 CARROTS, COOKED FROM FROZEN, SLICED OR CRINKL.... 011313 PEAS,GRN,FRZ,CKD,BLD,DRND,WO/SALT..... 011116 BOK CHOY,RAW.....	10 1/2 LB 5 1/4 LB 7 LB	Prepare Ingredients: Thaw carrots and peas. Slice bok choy into medium strips.
011090 BROCCOLI,RAW..... 011333 PEPPERS,SWEET,GREEN,RAW.....	3 1/2 LB, florets 3 1/2 LB	Preparation Option #1: Toss all vegetables together and steam for 5 minutes. Remove when carrots are hot and other vegetables are "al dente" (tender, but still a little firm). Preparation Option #2: Bring water in kettle or tilt skillet to a boil. Put all vegetables into boiling water for 5 minutes. Remove when carrots are hot and other vegetables are "al dente" (tender, but still a little firm).

*Nutrients are based upon 1 Portion Size (1 Cup Cooked)

Calories	49 kcal	Cholesterol	0.00 mg	Protein	2.57 g	Calcium	65.11 mg	9.89%	Calories from Total Fat
Total Fat	0.54 g	Sodium	71.64 mg	Vitamin A	1732.41 RE	Iron	1.04 mg	1.71%	Calories from Saturated Fat
Saturated Fat	0.09 g	Carbohydrates	9.57 g	Vitamin A	10010.93 IU	Water ¹	*78.32* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	3.88 g	Vitamin C	44.69 mg	Ash ¹	*0.65* g	78.22%	Calories from Carbohydrates
								20.96%	Calories from Protein

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

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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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz				? - Milk
Grain.....	oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	1.000 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	050482	CARROTS, COOKED FROM FROZEN, SLICED			
I	011313	PEAS, GRN, FRZ, CKD, BLD, DRND, WO/SALT			
I	011116	CABBAGE, CHINESE (PAK-CHOI), RAW			
I	011090	BROCCOLI, RAW			
I	011333	PEPPERS, SWEET, GREEN, RAW			

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