

Idaho Department of Education

Recipe: 000168 Simon Sesame Noodles 9-12

Recipe Source:
Recipe Group: ENTREES

Alternate Recipe Name:
Number of Portions: 100
Size of Portion: See Instruction

Recipe HACCP Process:

902445 USDA Diced Chicken Meat (Processed)..... 011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R....	12 1/2 LB 1 2/3 LB	<p><u>Prepare Ingredients:</u> Thaw chicken. Chop green onions.</p>
902442 Ponzu Sauce..... 900083 SOUP,CHICK BROTH,LO NA,CND..... 002003 SPICES,BASIL,DRIED.....	12 1/2 CUP 12 1/2 CUP 1/4 CUP, leaves	<p><u>Assemble Sauce:</u> Bring Ponzu sauce*, chicken broth, and basil to a boil. Immediately turn heat to warm and cover to prevent any liquid from evaporating.</p>
902471 USDA Spaghetti, Whole Grain 100427.....	19 1/8 LB	<p><u>Cook Pasta:</u> Cook pasta according to package directions until al'dente (fully cooked, but not too soft) and do not rinse. Keep warm.</p>
011124 CARROTS,RAW..... 011452 SOYBEANS,MATURE SEEDS,SPROUTED,RAW..... 902456 USDA Broccoli, Florets, Frozen 110282..... 012023 SESAME SEEDS,WHOLE,DRIED.....	5 LB, shredded 9 1/3 LB 18 1/3 LB 2 CUP	<p><u>D: Cook Chicken and Vegetables:</u> Steam chicken, carrots, soybeans (also known as edamame), and broccoli for 5 minutes or until vegetables are slightly tender and chicken reaches 165°F.</p> <p><u>Assemble Dish:</u> Toss hot noodles, sauce, and vegetable-chicken mixture together without mashing the vegetables. Serving size includes: 2 1/2 cup of chicken-vegetable-noodle mixture, 1/4 cup of sauce, ½ tbsp. green onions, and 1 tsp. sesame seeds.</p> <p>*Ponzu Sauce is an Asian, lime citrus seasoned dressing and sauce.</p>

*Nutrients are based upon 1 Portion Size (See Instruction)

Calories	326 kcal	Cholesterol	54.00 mg	Protein	30.46 g	Calcium	280.75 mg	20.30%	Calories from Total Fat
Total Fat	7.36 g	Sodium	801.33 mg	Vitamin A	*659.22* RE	Iron	3.27 mg	3.92%	Calories from Saturated Fat
Saturated Fat	1.42 g	Carbohydrates	38.73 g	Vitamin A	3982.74 IU	Water ¹	*85.18* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	7.58 g	Vitamin C	40.40 mg	Ash ¹	*1.16* g	47.49%	Calories from Carbohydrates
								37.35%	Calories from Protein

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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..... 2.000 oz				? - Milk
Grain..... 2.000 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	902445	USDA Diced Chicken Meat (Processed)			
I	011291	ONIONS,SPRING OR SCALLIONS (INCL TOPS			
I	902442	Ponzu Sauce			
I	900083	SOUP,CHICK BROTH,LO NA,CND			
I	002003	SPICES,BASIL,DRIED			
I	902471	USDA Spaghetti, Whole Grain 100427			
I	011124	CARROTS,RAW			
I	011452	SOYBEANS,MATURE SEEDS,SPROUTED,RA			
I	902456	USDA Broccoli, Florets, Frozen 110282			
I	012023	SESAME SEEDS,WHOLE,DRIED			

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