

# Idaho Department of Education

**Recipe: 000166 Simon Sesame Noodles K-8**

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....	6 1/4 LB 7/8 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.....	1 QT + 2 1/4 CUP 1 QT + 2 1/4 CUP 2 TBSP, 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.....	9 1/2 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.....	7 5/8 LB, shredded 4 2/3 LB 9 1/4 LB 2 CUP	<p><u>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: 1 1/2 cup of chicken-vegetable-noodle mixture, 2 tbsp. of sauce, 1/2 tsp. 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	181 kcal	Cholesterol	27.00 mg	Protein	15.69 g	Calcium	161.85 mg	22.15%	Calories from Total Fat
Total Fat	4.45 g	Sodium	416.54 mg	Vitamin A	*970.78* RE	Iron	1.91 mg	4.09%	Calories from Saturated Fat
Saturated Fat	0.82 g	Carbohydrates	21.87 g	Vitamin A	5822.98 IU	Water <sup>1</sup>	*62.74* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	4.60 g	Vitamin C	21.53 mg	Ash <sup>1</sup>	*0.86* g	48.44%	Calories from Carbohydrates
								34.75%	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  
<sup>1</sup> - 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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<b>Miscellaneous</b>		<b>Attributes</b>	<b>Allergens Present</b>	<b>Allergens Absent</b>	<b>Allergens Unidentified</b>
Meat/Alt..... 1.000 oz					? - Milk
Grain..... 1.000 oz					? - Egg
Fruit..... cup					? - Peanut
Vegetable..... 0.750 cup					? - Tree Nut
Milk..... cup					? - Fish
<b>Moisture &amp; Fat Change</b>					? - 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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