



Recipe Production

Printed: 09/19/2019 4:16 AM

Recipe Number: MV025

Recipe Name: SWEET N SOUR TOFU 9-12

Hot: Yes

Recipe Source: Boulder Valley School District

HACCP Process Category:

Complex

Serving Description: 4 OZ

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
20	4 OZ				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3020	TOFU FIRM WESTSOY 2/6 LB	5	Pound	8	Ounce	(Unassigned)
SD023	SAUCE SWEET N SOUR	14	Ounce			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Recipe Source: Boulder Valley School District Food Services

Preparation Instructions

Drain tofu.
 Cut each block into 1 oz portions.
 Shingle the pieces onto parchment lined hotel pan.
 Pour sauce over the tofu, spread evenly on tofu.
 Cover, label and date.
 Bake in 350 degree oven until temperature reaches 140.

Serving Instructions



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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	2,590.5323	89.5851	129.5266		
Saturated Fat	g	21.5836	0.7464	1.0792	7.50	
Sodium	mg	2,261.4453	78.2047	113.0723		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	104.2255	3.6043	5.2113	36.21	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	256.0543	8.8548	12.8027	39.54	
Total Dietary Fiber	g	23.3881	0.8088	1.1694		
Protein	g	205.4206	7.1038	10.2710	31.72	
Vitamin A (RE)	RE	341.7382	11.8179	17.0869		
Vitamin A (IU)	IU	1,583.9431	54.7755	79.1972		
Vitamin C	mg	23.9924	0.8297	1.1996		
Calcium	mg	5,056.2416	174.8536	252.8121		
Iron	mg	42.6179	1.4738	2.1309		
Moisture	g	2,175.4895	75.2322	108.7745		*
Ash	g	25.8142	0.8927	1.2907		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
3020	TOFU FIRM WESTSOY 2/6 LB	1.00	(Unassigned)	5	0.50	LB	/
SD023	SAUCE SWEET N SOUR	1.00	(Unassigned)	12	0.72	1 oz	/

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