



## Recipe Production

**Recipe Number:** MV026

**Recipe Name:** TOFU CRISPY K-8

**Hot:** Yes

**Recipe Source:** Cook Book

**HACCP Process Category:**

Complex

**Serving Description:** 1 SVG = 3/4 CUP

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	3/4 CUP				

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	25	Pound			(Unassigned)
1309	OIL VEGETABLE 6/1 GAL	1	Quart	2 2/3	Tbsp	(Unassigned)
	SOY SAUCE GFLS	1	Fl Oz	2 1/3	tsp	(Unassigned)
1307	OIL SESAME TOASTED 4/1 GAL	1	Cup	2	tsp	(Unassigned)
1072	SZECHUAN PASTE 24/6.7 OZ	2	Tbsp	2 1/3	tsp	(Unassigned)

**Cooking Instructions**

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

**Pre-Preparation Instructions**

Recipe Source: Boulder Valley School District Food Services  
 Freeze tofu over night.  
 Thaw completely, squeeze liquid by hand.

**Preparation Instructions**

Dice into bite size pieces.  
 Toss with oil, soy sauce and szechuan. Weigh into fishtubs.

**Serving Instructions**

Bake at 375 degrees on sheetpans for 10 minutes or until golden brown.  
 Serve over brown rice.  
 1 svg = 3/4 cup (approx 4 oz weight)



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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	18,058.4214	143.6962	180.5842		
Saturated Fat	g	221.8467	1.7653	2.2185	11.06	
Sodium	mg	4,444.1229	35.3632	44.4412		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	1,608.2976	12.7977	16.0830	80.15	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	208.3120	1.6576	2.0831	4.61	
Total Dietary Fiber	g	102.0573	0.8121	1.0206		
Protein	g	928.7452	7.3903	9.2875	20.57	
Vitamin A (RE)	RE	113.4054	0.9024	1.1341		*
Vitamin A (IU)	IU	0.0000	0.0000	0.0000		*
Vitamin C	mg	22.6836	0.1805	0.2268		*
Calcium	mg	22,793.3969	181.3738	227.9340		*
Iron	mg	182.8511	1.4550	1.8285		*
Moisture	g	9,633.3356	76.6553	96.3334		*
Ash	g	114.5364	0.9114	1.1454		*

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)	25	0.00	LB	/
1309	OIL VEGETABLE 6/1 GAL	1.00	(Unassigned)	0	0.26	GAL	/
	SOY SAUCE GFLS	1.00	(Unassigned)				/
1307	OIL SESAME TOASTED 4/1 GAL	1.00	(Unassigned)	0	0.07	GAL	/
1072	SZECHUAN PASTE 24/6.7 OZ	1.00	(Unassigned)	0	0.26	JAR	/

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