



Recipe Production

Printed: 09/19/2019 4:37 AM

Recipe Number: MV028

Recipe Name: TOFU CRISPY 9-12

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Complex

Serving Description: 1 SVG = 1 CUP

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
50	1 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	15	Pound			(Unassigned)
1309	OIL VEGETABLE 6/1 GAL	1	Pint	8	Tbsp	(Unassigned)
	SOY SAUCE GFLS	10	Fl Oz			(Unassigned)
1072	SZECHUAN PASTE 24/6.7 OZ	5	Tbsp			(Unassigned)
1307	OIL SESAME TOASTED 4/1 GAL	10	Tbsp			(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Freeze tofu overnight.
Thaw completely, squeeze liquid out by hand.

Preparation Instructions

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

Serving Instructions

Cook at 375 degrees on sheetpans for 10 minutes or until golden brown.
Serve over 1 cup brown rice
Serving = 1 cup (approx 5 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	11,160.0483	141.7104	223.2010		
Saturated Fat	g	133.1075	1.6902	2.6622	10.73	
Sodium	mg	14,916.4795	189.4096	298.3296		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	964.9780	12.2533	19.2996	77.82	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	189.9904	2.4125	3.7998	6.81	
Total Dietary Fiber	g	61.2379	0.7776	1.2248		
Protein	g	557.2448	7.0759	11.1449	19.97	
Vitamin A (RE)	RE	68.0422	0.8640	1.3608		*
Vitamin A (IU)	IU	0.0000	0.0000	0.0000		*
Vitamin C	mg	13.6084	0.1728	0.2722		*
Calcium	mg	13,676.0410	173.6585	273.5208		*
Iron	mg	109.7101	1.3931	2.1942		*
Moisture	g	5,780.0004	73.3945	115.6000		*
Ash	g	68.7194	0.8726	1.3744		*

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)	15	0.00	LB	/
1309	OIL VEGETABLE 6/1 GAL	1.00	(Unassigned)	0	0.16	GAL	/
	SOY SAUCE GFLS	1.00	(Unassigned)				/
1072	SZECHUAN PASTE 24/6.7 OZ	1.00	(Unassigned)	0	0.47	JAR	/
1307	OIL SESAME TOASTED 4/1 GAL	1.00	(Unassigned)	0	0.04	GAL	/

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