



## Recipe Production

**Recipe Number:** MV432

**Recipe Name:** TERIYAKI TOFU BOWL

**Hot:** Yes

**Recipe Source:** Cook Book

**HACCP Process Category:**

Complex

**Serving Description:** 1 SVG = 4 OZ SPOODLE

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	4 OZ				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
9521	BROCCOLI CROWNS 20 LB	16	Pound			(Unassigned)
2560	CARROT LOOSE 25 LB	12	Pound			(Unassigned)
1036	SAUCE SOY GFLS 5.2 GAL	1	Quart			(Unassigned)
1027	SUGAR BRN LGT 16/2 LB	14	Ounce	2 1/4	Gram	(Unassigned)
2568	GINGER ROOT 1 LB	8	Tbsp			(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	2	Tbsp			(Unassigned)
1028	VINEGAR APPLE CIDER 4/1 GAL	8	Tbsp			(Unassigned)
TAP	WATER	1	Pint			(Unassigned)
1307	OIL SESAME TOASTED 4/1 GAL	4	Tbsp			(Unassigned)
MV026	TOFU CRISPY K-8	25	Pound			(Unassigned)

**Cooking Instructions**

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

**Pre-Preparation Instructions**

Broccoli Yield 81%  
 Carrot Yield 83%  
 Dice carrots and chop broccoli into small spears.  
 Heat oil - add ginger and garlic, sautee quickly.  
 Add liquids and rest of ingredients, except veggies and tofu.  
 Cool sauce.

**Preparation Instructions**

Blanch carrots and broccoli separately and shock them in an ice bath.  
 Weigh veggies in hotel pan - 2.56 oz broccoli & 1.5 oz carrots.  
 Toss with sauce - 2 cups per 50 servings of veggies.  
 Send tofu separately.

**Serving Instructions**

Reheat: Veggies in oven or steamer, tofu as per crispy tofu recipe.  
 Assemble bowl - 4 oz rice, 4 oz tofu top with veggies  
 RICE NOT INCLUDED IN MEAL CONTRIBUTION TALLY



## Recipe Production

**Recipe Number:** MV432

**Recipe Name:** TERIYAKI TOFU BOWL

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	23,193.7603	97.4152	231.9376		
Saturated Fat	g	212.1398	0.8910	2.1214	8.23	
Sodium	mg	45,688.5783	191.8948	456.8858		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	1,538.7873	6.4630	15.3879	59.71	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	1,609.9291	6.7618	16.0993	27.76	
Total Dietary Fiber	g	372.7565	1.5656	3.7276		
Protein	g	1,048.2944	4.4029	10.4829	18.08	
Vitamin A (RE)	RE	136,242.7469	572.2278	1,362.4275		*
Vitamin A (IU)	IU	796,122.3372	3,343.7621	7,961.2234		*
Vitamin C	mg	5,538.4915	23.2620	55.3849		*
Calcium	mg	25,214.0407	105.9005	252.1404		*
Iron	mg	225.1158	0.9455	2.2512		*
Moisture	g	18,570.4461	77.9970	185.7045		*
Ash	g	201.4257	0.8460	2.0143		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
9521	BROCCOLI CROWNS 20 LB	1.00	(Unassigned)	16	0.00	LB	/
2560	CARROT LOOSE 25 LB	1.00	(Unassigned)	12	0.00	LB	/
1036	SAUCE SOY GFLS 5.2 GAL	1.00	(Unassigned)			CONT (665 FL	/
1027	SUGAR BRN LGT 16/2 LB	1.00	(Unassigned)	0	0.44	BAG (2 LB)	/
2568	GINGER ROOT 1 LB	1.00	(Unassigned)	0	0.11	CS (1 LB)	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.04	LB	/
1028	VINEGAR APPLE CIDER 4/1 GAL	1.00	(Unassigned)	0	0.03	GAL	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
1307	OIL SESAME TOASTED 4/1 GAL	1.00	(Unassigned)	0	0.02	GAL	/
MV026	TOFU CRISPY K-8	1.00	(Unassigned)	90	0.24	3/4 CUP	/

**REPORT CRITERIA:**

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: