



Recipe Production

Recipe Number: PF005

Recipe Name: PINEAPPLE FRIED RICE K-8

Hot: Yes

Recipe Source: Plant Forward

HACCP Process Category:

Complex

Serving Description: 1 cup or 6.72 oz

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3533	RICE BROWN 25 LB	6	Pound	4	Ounce	(Unassigned)
TAP	WATER	1	Gal.	1 2/3	Quart	(Unassigned)
2568	GINGER ROOT 1 LB	2	Pound	14	Ounce	(Unassigned)
2560	CARROT LOOSE 25 LB	2	Pound	12	Ounce	(Unassigned)
3020	TOFU FIRM WESTSOY 2/6 LB	11	Pound	4	Ounce	(Unassigned)
1071	SAUCE THAI CHILI 4/5 LB	13	Ounce			(Unassigned)
1035	SAUCE SOY 6/HALF GAL	1	Quart			(Unassigned)
1514	EGG LIQUID 15/2 LB	1	Pound	6 1/4	Ounce	(Unassigned)
9031	PEAS COMM FRZ 30 LB	2	Pound	12	Ounce	(Unassigned)
2575	ONION GREEN 12 BUNCH	6	Ounce	7 1/8	Gram	(Unassigned)
1320	OIL SUNFLOWER	1	Tbsp			(Unassigned)
9601	MISO SOYBEAN PASTE	4	Ounce			(Unassigned)
9609	PINEAPPLE, FRESH	4	Pound	4 3/4	Ounce	(Unassigned)
1057	SAUCE SRIRACHA	3	Ounce	8 1/2	Gram	(Unassigned)
1031	VINEGAR RED WINE 1 GAL	8	Tbsp			(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Recipe source: Chef Ann Foundation Plant Forward
 Fresh pineapple yields 54%
 Carrots yield 76%
 Green onions yield 83%

Preparation Instructions

1. Cook rice in steamer and cool prior to adding to recipe.
2. Scramble eggs and cool prior to adding to recipe.
3. Heat oil in skillet.
4. Saute green onion and ginger in oil.
5. Add carrots and stir fry.
6. Add tofu and stir fry.
7. In a separate container, combine chili sauce, soy sauce, miso, sriracha, and vinegar. Add to vegetables and tofu.
8. Add rice mix and stir fry until rice has absorbed sauce.
9. Remove from skillet.



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10. Let cool, add cooked/cooled eggs, and frozen peas to cooled rice mix.
11. Mix all ingredients well and keep cool.
12. Peel pineapple, dice into small, bitesize pieces and add to cooled rice mixture.
13. Portion servings into hotel pans. 10.5 lbs., 25 servings per pan.
14. Reheat in a 350 degree oven for 20 - 30 minutes.

Serving Instructions

Serving size = 1 cup

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	19,673.4348	96.4359	196.7343		
Saturated Fat	g	81.8265	0.4011	0.8183	3.74	
Sodium	mg	47,055.6179	230.6588	470.5562		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	385.6516	1.8904	3.8565	17.64	
Cholesterol	mg	1,990.6633	9.7579	19.9066		*
Carbohydrate	g	3,262.4528	15.9920	32.6245	66.33	
Total Dietary Fiber	g	291.6868	1.4298	2.9169		
Protein	g	878.5692	4.3066	8.7857	17.86	
Vitamin A (RE)	RE	28,788.7997	141.1179	287.8880		*
Vitamin A (IU)	IU	192,525.2699	943.7268	1,925.2527		
Vitamin C	mg	886.5662	4.3458	8.8657		
Calcium	mg	12,698.5956	62.2464	126.9860		
Iron	mg	188.2561	0.9228	1.8826		
Moisture	g	14,652.9868	71.8265	146.5299		*
Ash	g	287.3211	1.4084	2.8732		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
3533	RICE BROWN 25 LB	1.00	(Unassigned)	6	0.25	LB	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
2568	GINGER ROOT 1 LB	1.00	(Unassigned)	2	0.88	CS (1 LB)	/
2560	CARROT LOOSE 25 LB	1.00	(Unassigned)	2	0.75	LB	/
3020	TOFU FIRM WESTSOY 2/6 LB	1.00	(Unassigned)	11	0.25	LB	/
1071	SAUCE THAI CHILI 4/5 LB	1.00	(Unassigned)	0	0.16	CONT (5 LB)	/
1035	SAUCE SOY 6/HALF GAL	1.00	(Unassigned)	0	0.50	JUG (HALF G/	/
1514	EGG LIQUID 15/2 LB	1.00	(Unassigned)	0	0.70	CONT (2 LB)	/
9031	PEAS COMM FRZ 30 LB	1.00	(Unassigned)	2	0.75	LB	/
2575	ONION GREEN 12 BUNCH	1.00	(Unassigned)	1	0.97	BUNCH	/
1320	OIL SUNFLOWER	1.00	(Unassigned)			JIB (35 LB)	/
9601	MISO SOYBEAN PASTE	1.00	(Unassigned)				/
9609	PINEAPPLE, FRESH	1.00	(Unassigned)	2	0.16	1 CT	/
1057	SAUCE SRIRACHA	1.00	(Unassigned)	6	0.24	CONTAINER	/
1031	VINEGAR RED WINE 1 GAL	1.00	(Unassigned)	0	0.03	GAL	/



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REPORT CRITERIA:

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