



Recipe Production

Recipe Number: PF012

Recipe Name: PINEAPPLE FRIED RICE 9-12

Hot: Yes

Recipe Source: Plant Forward

HACCP Process Category:

Complex

Serving Description: 2 cup or 13.44 oz

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	2 CUPS				

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	12	Pound	8	Ounce	(Unassigned)
TAP	WATER	2	Gal.	3 1/2	Quart	(Unassigned)
2568	GINGER ROOT 1 LB	5	Pound	12	Ounce	(Unassigned)
2560	CARROT LOOSE 25 LB	5	Pound	8	Ounce	(Unassigned)
3020	TOFU FIRM WESTSOY 2/6 LB	22	Pound	8	Ounce	(Unassigned)
1071	SAUCE THAI CHILI 4/5 LB	1	Pound	10	Ounce	(Unassigned)
1035	SAUCE SOY 6/HALF GAL	2	Quart			(Unassigned)
1514	EGG LIQUID 15/2 LB	2	Pound	12 1/2	Ounce	(Unassigned)
9031	PEAS COMM FRZ 30 LB	5	Pound	8	Ounce	(Unassigned)
2575	ONION GREEN 12 BUNCH	12	Ounce	14 1/8	Gram	(Unassigned)
1320	OIL SUNFLOWER	2	Tbsp			(Unassigned)
9601	MISO SOYBEAN PASTE	8	Ounce			(Unassigned)
9609	PINEAPPLE, FRESH	8	Pound	9 1/2	Ounce	(Unassigned)
1057	SAUCE SRIRACHA	6	Ounce	17	Gram	(Unassigned)
1031	VINEGAR RED WINE 1 GAL	1	Cup			(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 = 2 cups

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	39,275.2031	96.4584	392.7520		
Saturated Fat	g	163.6019	0.4018	1.6360	3.75	
Sodium	mg	93,993.1542	230.8436	939.9315		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	770.8996	1.8933	7.7090	17.67	
Cholesterol	mg	3,981.3322	9.7780	39.8133		*
Carbohydrate	g	6,508.2852	15.9841	65.0829	66.28	
Total Dietary Fiber	g	578.3070	1.4203	5.7831		
Protein	g	1,755.3611	4.3111	17.5536	17.88	
Vitamin A (RE)	RE	52,724.3534	129.4890	527.2435		*
Vitamin A (IU)	IU	355,958.2992	874.2200	3,559.5830		
Vitamin C	mg	1,763.4232	4.3309	17.6342		
Calcium	mg	25,335.3285	62.2226	253.3533		
Iron	mg	375.8202	0.9230	3.7582		
Moisture	g	29,242.6775	71.8189	292.4268		*
Ash	g	572.9731	1.4072	5.7297		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
3533	RICE BROWN 25 LB	1.00	(Unassigned)	12	0.50	LB	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
2568	GINGER ROOT 1 LB	1.00	(Unassigned)	5	0.75	CS (1 LB)	/
2560	CARROT LOOSE 25 LB	1.00	(Unassigned)	5	0.50	LB	/
3020	TOFU FIRM WESTSOY 2/6 LB	1.00	(Unassigned)	22	0.50	LB	/
1071	SAUCE THAI CHILI 4/5 LB	1.00	(Unassigned)	0	0.32	CONT (5 LB)	/
1035	SAUCE SOY 6/HALF GAL	1.00	(Unassigned)	1	0.00	JUG (HALF G/	/
1514	EGG LIQUID 15/2 LB	1.00	(Unassigned)	1	0.39	CONT (2 LB)	/
9031	PEAS COMM FRZ 30 LB	1.00	(Unassigned)	5	0.50	LB	/
2575	ONION GREEN 12 BUNCH	1.00	(Unassigned)	3	0.94	BUNCH	/
1320	OIL SUNFLOWER	1.00	(Unassigned)			JIB (35 LB)	/
9601	MISO SOYBEAN PASTE	1.00	(Unassigned)				/
9609	PINEAPPLE, FRESH	1.00	(Unassigned)	4	0.31	1 CT	/
1057	SAUCE SRIRACHA	1.00	(Unassigned)	12	0.47	CONTAINER	/
1031	VINEGAR RED WINE 1 GAL	1.00	(Unassigned)	0	0.06	GAL	/



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REPORT CRITERIA:

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