

Quest Food Management

Recipe Sizing Report

002053 - asian orange chicken : primary/inter	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 1 Size of Portion: servings	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
903199 chicken popcorn bb greco 204835..... 902973 sauce orange ginger purchased 802860... 000947R rice brown parboiled whole gra.....	10 piece 1 oz 1 (1/2 cup)	baked chicken according to package instructions. once at 165 pull out and gently toss in the orange sauce only to coat, not drench. serve with rice. SERVING SIZE: 12 PIECES OF CHICKEN IN LIGHT SAUCE 1/2 CUP OF COOKED RICE

*Nutrients are based upon 1 Portion Size (servings)

Calories	459 kcal	Cholesterol	29 mg	Sugars	*N/A* g	Calcium	38.60 mg	32.04% Calories from Total Fat
Total Fat	16.35 g	Sodium	569 mg	Protein	15.56 g	Iron	2.59 mg	6.36% Calories from Saturated Fat
Saturated Fat	3.24 g	Carbohydrates	63.81 g	Vitamin A	82.8 IU	Water ¹	118.80 g	*0.00%* Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.64 g	Vitamin C	0.0 mg	Ash ¹	0.17 g	55.57% Calories from Carbohydrates
								13.55% Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
¹ - denotes combined nutrient totals with either missing or incomplete nutrient data
² - denotes optional nutrient values
³ - Trans Fat value is provided for informational purposes only, not for monitoring purposes

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



HTML Version 

Brakebush Brothers

Brakebush®

Chicken, FC CN Whole Grain Breaded Popcorn Chicken, Breast

GTIN: 10038034555705
MFR Product Number: 5557
Serving Size: 12 pieces
Servings Per Case: 49
Storage Temperature: 0F
Shelf Life: 12 months
Child Nutrition Label (Y/N): Yes



2 Images found

Twelve 0.27 oz. Fully cooked whole grain popcorn shaped chicken breast pattie fritters with rib meat provide 2.00 oz. equivalent meat/meat alternate and 0.75 oz equivalent grains.

General Description

5557-Fully Cooked CN Whole Grain Popcorn Shaped Chicken Breast Pattie Fritters with Rib Meat

Benefits Of Using This Product

Add some fun to your everyday menu with CN whole grain popcorn shaped chicken. All breast chicken meat is surrounded by a crunch coating made with whole wheat and whole grain yellow corn flour. Fully cooked for ease of preparation.

Serving Suggestions

For recipe and menu ideas go to www.brakebush.com

Preparation and Cooking Instructions

PREPARATION: COOK TO A MINIMUM OF 165° F. BAKE IN SINGLE LAYER IN PREHEATED CONVECTION OVEN AT 350°F. FOR 8-10 MIN. BAKE IN SINGLE LAYER IN PREHEATED CONVENTIONAL OVEN AT 400°F FOR 12-15 MIN. MICROWAVE ON HIGH ABOUT 1-2 MIN. PER SERVING, TURNING ONCE. ADJUST TIMES TO QUANTITY BEING COOKED AND EQUIPMENT USED. DO NOT OVERCOOK

List Of Ingredients

INGREDIENTS: CHICKEN BREAST WITH RIB MEAT, WATER, ISOLATED SOY PROTEIN, SEASONING (MODIFIED CORN STARCH, DEHYDRATED GARLIC, DEHYDRATED ONION, MALTODEXTRIN, SALT, NATURAL FLAVOR, SPICE EXTRACTIVES), SALT, SODIUM PHOSPHATES. BREADED WITH WHOLE WHEAT FLOUR, WHOLE GRAIN YELLOW CORN FLOUR, WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, WHEAT GLUTEN, SOYBEAN OIL, SALT, DRIED ONION, DRIED GARLIC, CORN STARCH, POTASSIUM CHLORIDE, SPICES, DRIED YEAST, CITRIC ACID, SUGAR, PAPRIKA EXTRACT (COLOR), TURMERIC

EXTRACT (COLOR).
ALLERGENS: SOY, WHEAT

Additional Information

For more information call 1-800-933-2121

Nutritional Information

Nutrition Facts	
Serving Size: 12 pieces (92g)	
Servings Per Container: 49	
Amount per Serving	
Calories: 240	Calories from Fat: 130
	% Daily Value*
Total Fat: 14 g	22 %
Saturated Fat: 3.5 g	18 %
Trans Fat: 0 g	
Cholesterol: 35 mg	12 %
Sodium: 340 mg	14 %
Total Carbohydrate: 15 g	5 %
Dietary Fiber: 2 g	8 %
Sugars: 1 g	
Protein: 14 g	
Vitamin A: 0 %	Vitamin C: 0 %
Calcium: 2 %	Iron: 8 %
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Kosher: NO Serving Size for Nutrients: 92g Household Serving Size: 12 Measure: PIECE

* This is a representation of the nutrition label. The actual nutrition label on the product may vary slightly.

Packaging & Storage Information

Packed in 2/5# bags

Master Pack

Pallet Tie: 16	Pallet High: 8	Pallet Extra:	Total Pallet: 128
Description: 1 CASE case	Size: 10 LB		
Gross Weight: 10.68 LB	Net Weight: 10 LB		Volume: 0.62 FT
Length: 13.5 IN	Width: 8.63 IN		Height: 9.25 IN

Inner Pack

Product Information for 802860 SAUCE ORNG GINGR 4-.5GAL ASIAN

Manufacturer:ASIAN MENU-JKL SPECIALTY FOODS			
Pack	4/CASE	Manufacturer #	64439
Portion Size	FL OZ	Net Weight	16
Portion/Case	256	UPC Code 1	40642703064439
Kosher	Yes		
Price	37.69		

Quantity Invoiced Over Last 6 Weeks

1/11/2015	1/18/2015	1/25/2015	2/1/2015	2/8/2015	2/15/2015
0	0	0	0	0	0

Other Information

Other Information	
Item Yield	Case = 4-.5 Gallon Sauce Orange Ginger Asian
Shelf Life	Grocery (Dry) = 540 Days
Thawing Instructions	Do Not Freeze
Basic Preparation	Product is Ready to Use
Merchandising Idea	<p>Asian Menu Orange Ginger sauce is a fully prepared, high quality, authentic, restaurant style Asian sauce. It is mildly sweet, spicy and tangy with the refreshing taste of orange zest and fresh ginger. Asian Menu Orange Ginger sauce offers the benefits and quality of sauce made from scratch without the time consuming labor. It is not overly thick, therefore less sauce is used. This complete sauce does not require any additional ingredients. Asian Menu Orange Ginger sauce contains absolutely no msg, artificial flavors, high fructose corn syrup or hydrogenated oils. ** Use to make the popular Chinese orange chicken or orange beef. Stir fry with your favorite poultry, seafood, meats and vegetables. Excellent as dipping sauce for hors d'oeuvres, sweet potato fries and deep fried foods such as coconut shrimp and spring rolls. Toss with chicken wings, chicken boneless wings, popcorn shrimp and fried calamari. Glaze on grilled salmon or duck. Excellent as an alternative for any recipe that calls for honey mustard. Mix 1 part sauce with 2 parts heavy cream for salad dressing. The grated ginger, orange zest and red pepper flakes blended in a smooth translucent orange sauce not only looks interesting but offers a contrast in texture. ** With today's popular Asian flavor trend, Asian Menu sauces is used in many applications way beyond stir-frying. Contemporary applications such as dipping, glazing, drizzling, marinating and dressings for salads is common in universities and colleges, K12, business and industry, casinos, country clubs, fine dining, casual dining, catering, buffets. They help operators serve authentic Asian foods or Asian fusion cuisine without any Asian cooking experience. Asian Menu sauces help reduce labor and inventory costs by eliminating the tedious task of making sauces from scratch and the need to stock many different ingredients. They help improve the quality and consistency of menu items by enabling operators to standardize recipes.</p>

Nutritional Information for SAUCE ORNG GINGR 4-.5GAL ASIAN

Product Number:	802860
Description:	AP Sauce, Orange, Ginger, Asian Menu

Nutritional Information			
Serving Size 1 tbsp (15 g)			
Amount Per Serving			
Calories 30		Calories from Fat 0	
		% Daily Value	
Total Fat	0 g	0%	
Saturated Fat	0 g	0%	
Trans Fat	0 g		
PolyUnSat	n/a	n/a	
MonoUnSat	n/a	n/a	
Cholesterol	0 mg	0%	
Sodium	65 mg	3%	
Potassium	n/a	n/a	
Total Carbs	8 g	3%	
Dietary Fiber	0 g	0%	
Sugars	7 g	n/a	
Protein	0 g	0%	
Vitamin A -	0%	Vitamin C -	2%
Calcium -	0%	Iron -	0%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

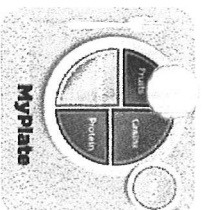
Water Soluble Vitamins		Minerals	
Thiamin B1	n/a	Phosphorus	n/a
Riboflavin B2	n/a	Zinc	n/a
Niacin B3	n/a	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	0 mg
Vitamin C	1 mg	Iron	0 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a

School Equivalents		Fat Soluble Vitamins	
		Vitamin D	n/a
Child Nutrition Label	No	Vitamin D	n/a
		Vitamin E	n/a
Meat/Meat Alternative	n/a	Vitamin K	n/a
Fruit/Vegetables	n/a	Vitamin A	0 IU
Grain/Bread	n/a	Vitamin A	n/a
Updated for New Final Rule			
Meat/Meat Alternate	n/a		
Grain/Bread	n/a		
Fruit	n/a		
Vegetable:			
Red/Orange	n/a		
Dark Green	n/a		
Starchy	n/a		
Beans/Peas	n/a		
Other	n/a		
Notes:			
n/a			

Ingredients:

For ingredient or allergen information, please contact: ASIAN MENU, phone, 203-541-3990.

Manufacturer number: 64439. Nutrition updated April 2013. The nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 08-12-13)

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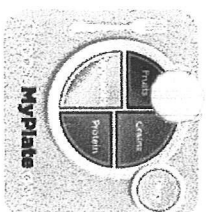
100500 – RICE, BROWN, LONG GRAIN, REGULAR, DRY, 25 LB

CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Milled, long grain, brown rice is only U.S. Grade No. 1. Brown rice is the whole unpolished grain with only the outer husks and a small amount of bran removed.
PACK/YIELD	<ul style="list-style-type: none"> 25 lb bag. One 25 lb bag AP yields about 62½ cups dry rice OR about 200.0 cups cooked rice and provides about 800.0 ¼-cup servings cooked rice OR about 400.0 ½-cup servings cooked rice OR about 266.6 ¾-cup servings cooked rice. One lb AP yields about 2½ cups dry rice OR about 8.0 cups cooked rice and provides about 32.0 ¼-cup servings cooked rice OR about 16.0 ½-cup servings cooked rice OR about 10.6 ¾-cup servings cooked rice. One cup dry rice yields about 3¼ cups cooked rice. CN Crediting: ½ cup cooked rice provides 1 serving grains/breads.
STORAGE	<ul style="list-style-type: none"> Store rice off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). If ideal storage conditions are not available, store rice under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Rice, brown, long grain, without salt

	¼ cup dry (46 g)	½ cup, cooked (98 g)
Calories	170	109
Protein	3.65 g	2.53 g
Carbohydrate	35.53 g	22.39 g
Dietary Fiber	1.6 g	1.8 g
Sugars	0.39 g	0.34 g
Total Fat	1.34 g	0.88 g
Saturated Fat	0.27 g	0.18 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	0.68 mg	0.41 mg
Calcium	11 mg	10 mg
Sodium	3 mg	5 mg
Magnesium	66 mg	42 mg
Potassium	103 mg	42 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.55 mg	0.03 mg



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100500 – RICE, BROWN, LONG GRAIN, REGULAR, DRY, 25 LB

<p>PREPARATION/ COOKING INSTRUCTIONS</p>	<ul style="list-style-type: none"> To retain vitamins, do not rinse rice before or drain after cooking. Carefully measure rice and liquid, and adjust the cooking so that all moisture is absorbed. Fluff cooked rice with fork or slotted spoon to allow steam to escape. For 100 ½-cup servings (4 steamtable pans yields about 3 gal 2 cups): 6 lb 4 oz brown long grain regular rice, 2 gal 1¼ qt water, 1 Tbsp 1 tsp salt (optional). Boil water and add salt (optional). Place 1 lb 9 oz brown long grain regular rice per 12" x 20" x 2½" steamtable pan and pour 2 qt 1¾ cups boiling water per steamtable pan. Cover pans tightly. Bake in conventional oven at 350 °F for 50 minutes; steamer at 5 lb pressure for 50 minutes. Remove from oven or steamer and serve.
<p>USES AND TIPS</p>	<ul style="list-style-type: none"> Serve brown rice cooked or use in soups, salads, stuffing, or main dishes. Use brown rice in any recipe calling for cooked rice. In recipes specifying uncooked rice, it may be necessary to increase the liquid and/or the cooking time.
<p>FOOD SAFETY INFORMATION</p>	<ul style="list-style-type: none"> Visually inspect for presence of foreign substances, insects, or molds before use. Rice is a potentially hazardous food. Hold hot rice at 135 °F or above. Cool to 70 °F within 2 hours and from 70 °F to 40 °F within an additional 4 hours. Hold cold rice at 41 °F or below.
<p>BEST IF USED BY GUIDANCE</p>	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmt107_NSLP_CACF_SFSP_CSFP_PDPPIR_TEFAP_CI-StorandInvMgmt.pdf.

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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