

Quest Food Management

002191 - asian-grilled chix teryki bowl : nslp	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: serving	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: 0.5 cup Milk:	

Ingredients	Measures	Instructions
903666 chicken grilled nugget bb greco 204831....	200 nugget	
900332 rice brown whole grain gfs 516371.....	3 gals + 2 CUPS (cooked)	
902994 sauce teryaki KK low sodium 176721.....	6 lbs + 4 ozs	
903356 broccoli florets frzn A110282.....	1 1/2 gals + 1 cup	

*Nutrients are based upon 1 Portion Size (serving)

Calories	418 kcal	Cholesterol	30 mg	Sugars	*0.0* g	Calcium	60.00 mg	30.18%	Calories from Total Fat
Total Fat	14.00 g	Sodium	1402 mg	Protein	19.43 g	Iron	1.80 mg	7.98%	Calories from Saturated Fat
Saturated Fat	3.70 g	Carbohydrates	53.01 g	Vitamin A	65.0 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	5.20 g	Vitamin C	31.8 mg	Ash ¹	*0.00* g	50.78%	Calories from Carbohydrates
								18.62%	Calories from Protein

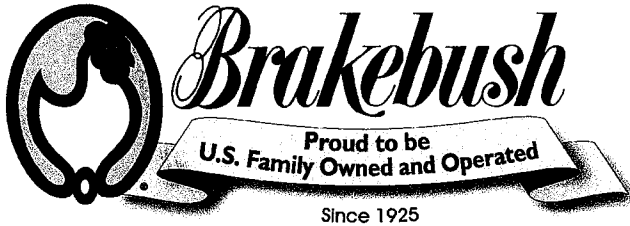
N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - 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.



Making the chicken that makes your menu.™

Teriyaki Chicken Rice Bowl

Great ideas from the
Chefs at Brakebush



The Recipe

- 4 ea. 5690 CN Grilled Nugget
- ~~3 oz.~~ Whole grain brown rice (cooked) | *Cupcooked*
- 1 oz. Teriyaki sauce (prepared)
- ½ oz. Broccoli (cut small, bite size pieces)
- ½ oz. Baby carrots (cut in half)
- ½ oz. Snap peas

Method:

1. In a skillet or wok heat oil and stir fry vegetables, brown rice and chicken about 1 minute on high heat
2. Add sauce to coat chicken, brown rice and vegetables
3. Let sauce thicken slightly and serve

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