

General Tso's Tofu

Recipe group Entree, Asian	Additional name PF K-12	Diet factors VG	Portions 12	Portion size 17.03 oz
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1 2/3 cup	1 lb 2.74 oz	0%	1 lb 2.74 oz	Sauce, General Tso	For General Tso's Tofu - Preheat oven to 400°F. In a pot over medium heat bring sauce to a boil then remove and hold hot for tofu.



Heating Sauce

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	11 1/4 cup	3 lb 8.25 oz	2%	3 lb 9.22 oz	Tofu, Extra Firm, drained, pressed, cubed	In a large mixing bowl combine tofu and oil, coating tofu on all sides. Add cornstarch and toss to coat tofu. Place on parchment lined sheet pans in a single layer. Bake in oven for 15 minutes then rotate pan and using a spatula flip tofu to other side. Bake for another 15 minutes or until tofu is a deep golden brown and crispy.
	3 tbsp	0 lb 1.44 oz	0%	0 lb 1.44 oz	Oil, Canola	
	1/3 cup	0 lb 1.48 oz	0%	0 lb 1.48 oz	Cornstarch	



Tofu after adding oil and cornstarch



Placing Prepared Tofu on Sheet Pan



Crispy Tofu

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1 1/2 cup	0 lb 3.00 oz	17%	0 lb 3.62 oz	Onions, Green, sliced thinly on bias	Remove tofu from oven and place into hotel pan. Add sauce and coat thoroughly. Top with green onions. Hold hot for service.



*Tofu in Hotel Pan with
Sauce and Onion*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	1/4 cup	0 lb 1.92 oz	0%	0 lb 1.92 oz	Oil, Canola	For Broccoli - Preheat oven to 450°F. In a large mixing bowl combine all ingredients in step 4 and mix well. Place on parchment lined sheet pans. Bake in oven for 10-12 minutes or until slightly charred on the outside. Remove from oven and hold hot for service.
	6 3/4 cup	2 lb 5.12 oz	37%	3 lb 11.12 oz	Broccoli, fresh, florets	
	1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Salt, Kosher	
	1 tsp	0 lb 0.08 oz	0%	0 lb 0.08 oz	Pepper, Black, ground	

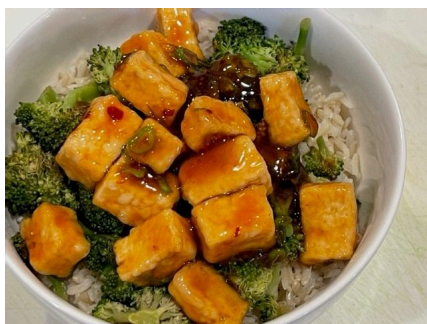


Roasted Broccoli

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	12 1/4 cup	5 lb 4.28 oz	0%	5 lb 4.28 oz	Rice, Brown, long grain, cooked	To plate - In a serving bowl add 7 ounces of rice at bottom. Add 3 ounces of broccoli to top of rice. Place 4.4 ounces of tofu on top of broccoli.



Plating Rice and Broccoli



Adding Tofu

RECIPE IMAGES



General Tso's Tofu

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	12 lb 12.41 oz	0 %	12 lb 12.41 oz	0 %	12 lb 12.41 oz
Size of portion	17.03 oz		17.03 oz		17.03 oz

ADDITIONAL INFO

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MEMO

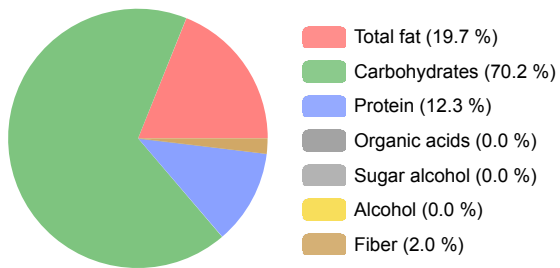
2oz Meat Alternative (4.4 oz Tofu per serving), 2oz Grain Equivalent (7oz Brown Rice), 1/2 cup Dark Green Vegetable (Broccoli)

NUTRITION INFORMATION

per portion

Energy nutritives		RDI	% of energy	Calories	RDI	Minerals	RDI	Vitamins	RDI
Total fat	20.99 g	27 %	19.71 %	941.64 kcal	47 %	Salt	0.33 g	Vitamin A	3.59 µg 0 %
Saturated	2.73 g	14 %	2.56 %	3,939.90 kJ		Sodium	132.92 mg	Vitamin D	0.00 µg 0 %
Monounsaturated	8.54 g		8.02 %			Phosphorus	809.39 mg	Thiamine	1.25 mg 104 %
Polyunsaturated	7.97 g		7.48 %			Potassium	965.79 mg	Riboflavin	0.38 mg 29 %
Trans fatty acids	0.03 g		0.03 %			Iron	10.60 mg	Niacin	13.79 mg 86 %
Cholesterol	0.00 mg	0 %				Calcium	531.19 mg	Vitamin B6	1.17 mg 69 %
Linolenic acid	6.65 g		6.24 %			Zinc	5.69 mg	Vitamin B12	0.00 µg 0 %
Alpha-linolenic acid	789.28 mg		0.74 %			Magnesium	294.60 mg	Folate	0.00 µg 0 %
Total Carbohydrate	162.57 g	59 %	70.15 %			Iodine	0.00 µg	Vitamin C	83.21 mg 92 %
Sugars total	3.60 g	7 %				Selenium	48.66 µg	Vitamin E	2.63 mg 18 %
Added sugar	0.00 g	0 %	0.00 %			Copper	0.90 mg	Vitamin K	25.02 µg 21 %
Lactose	0.00 g							Others	
Fiber	9.85 g	35 %	2.00 %					Water	222.07 g
Organic acids	0.00 g		0.00 %						
Sugar alcohol	0.00 g		0.00 %						
Starch	144.37 g		62.29 %						
Protein	28.52 g	57 %	12.31 %						
Alcohol	0.00 g		0.00 %						

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	1.45 kg
Main courses	2.03 kg
Desserts	0.92 kg

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.