

Orange tofu

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, American	K12 PF deck	VG, GF, NF	12	7.15 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	6 cup	53.34 oz	2%	54.26 oz	Tofu, Extra Firm, drained, pressed	For orange tofu: Tear tofu into bite sized pieces and toss with remaining ingredients in step 1.
	3 tbsp	0.84 oz	0%	0.84 oz	Cornstarch	
	1 tbsp	0.34 oz	0%	0.34 oz	Garlic, powder	
	1 tbsp	0.24 oz	0%	0.24 oz	Salt, Kosher	
	2 tsp	0.17 oz	0%	0.17 oz	Pepper, Black, table grind	
	2 tsp	0.15 oz	0%	0.15 oz	Onion, powder	



Tear tofu into pieces



Add seasonings and cornstarch to tofu

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2						On a sheet pan lined with parchment paper and oil spray, bake tofu at 425°F for 25-30 minutes, flipping halfway or until tofu crispy and golden brown.

2

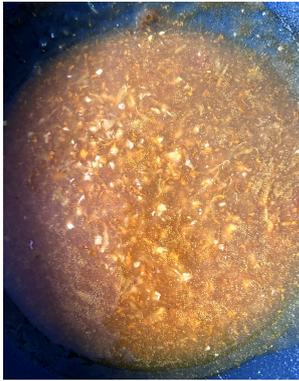


Place tofu in oven



Flip over tofu

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	3 cup	1 lb 14.69 oz	0%	1 lb 14.69 oz	Sauce, Asian Style Orange	To a pot on medium heat, add orange sauce and bring up to heat. Toss tofu in sauce until coated.



Heat orange sauce



Place tofu in sauce

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4						For service: Remove from heat and serve with brown rice or noodles and 1/2 cup orange tofu into bowl.

4



Toss tofu in sauce



Orange tofu

RECIPE IMAGES



Orange tofu

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	5 lb 5.77 oz	0.00 %	5 lb 5.77 oz	0.00 %	5 lb 5.77 oz
Size of portion	7.15 oz		7.15 oz		7.15 oz

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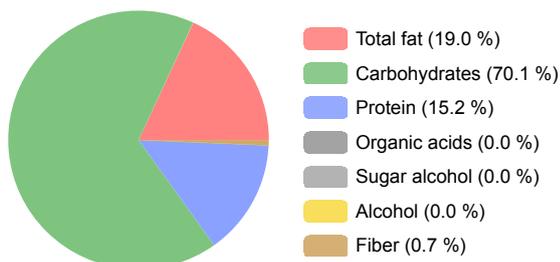
Crediting: Each serving provides 2 oz eq meat/meat alternate.

NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI		Vitamins		RDI
		RDI	% of energy									
Total fat	6.14 g	8 %	19.02 %	285.53 kcal	14 %	Salt	1.40 g			Vitamin A	5.91 µg	1 %
Saturated	0.91 g	5 %	2.83 %	1,194.69 kJ		Sodium	559.46 mg	24 %		Vitamin D	0.00 µg	0 %
Monounsaturated	1.36 g		4.20 %			Phosphorus	134.14 mg	11 %		Thiamine	0.12 mg	10 %
Polyunsaturated	3.43 g		10.63 %			Potassium	234.06 mg	5 %		Riboflavin	0.07 mg	5 %
Trans fatty acids	0.00 g		0.00 %			Iron	7.15 mg	40 %		Niacin	0.44 mg	3 %
Cholesterol	0.00 mg	0 %				Calcium	452.98 mg	35 %		Vitamin B6	0.10 mg	6 %
Linolenic acid	3.02 g		9.35 %			Zinc	1.21 mg	11 %		Vitamin B12	0.00 µg	0 %
Alpha-linolenic acid	0.75 mg		0.00 %			Chloride	0.00 mg	0 %		Folate	0.00 µg	0 %
Total Carbohydrate	49.23 g	18 %	70.06 %			Chromium	0.00 µg	0 %		Biotin	0.00 µg	0 %
Sugars total	22.97 g	46 %				Fluoride	0.00 mg			Choline	0.00 mg	0 %
Added sugar	0.00 g	0 %	0.00 %			Magnesium	43.20 mg	10 %		Pantothenic Acid	0.00 mg	0 %
Lactose	0.00 g					Molybdenum	0.00 µg	0 %		Vitamin C	0.87 mg	1 %
Fiber	1.06 g	4 %	0.71 %			Iodine	0.00 µg	0 %		Vitamin E	0.17 mg	1 %
Organic acids	0.00 g		0.00 %			Selenium	12.48 µg	23 %		Vitamin K	3.90 µg	3 %
Sugar alcohol	0.00 g		0.00 %			Copper	0.28 mg	31 %				
Starch	0.00 g		0.00 %									
Protein	10.66 g	21 %	15.17 %									
Alcohol	0.00 g		0.00 %									
										Others		
										Water	133.98 g	

PERCENTAGE OF ENERGY



CO₂



Comparable CO₂ emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.