

Veggie fried rice

| Recipe group | Additional name | Diet factors | Portions | Portion size |
|---------------|-----------------|--------------|----------|--------------|
| Entree, Asian | K12 PF deck | VG, NF | 12 | 13.83 oz |

| | Capacity measure | EP | Trim loss | AP Name of ingredient | Methods |
|----------|------------------|--------------|-----------|-------------------------------|---|
| 1 | 4 1/2 cup | 2 lb 8.01 oz | 2% | 2 lb 8.70 oz Tofu, Extra Firm | For curried tofu: To a large sauté pan over medium heat, add oil. Once heated, add tofu and break into pieces with spatula for 2-3 minutes. |
| | 3 tbsp | 1.44 oz | 0% | 1.44 oz Oil, Canola | |



Oil in pan



Tofu in pan

| | Capacity measure | EP | Trim loss | AP Name of ingredient | Methods |
|----------|------------------|---------|-----------|----------------------------|---|
| 2 | 1 tbsp | 0.21 oz | 0% | 0.21 oz Curry Powder, mild | Add all ingredients in step 2 to pan and cook for 5-7 minutes, breaking up tofu pieces until golden brown . Remove tofu from pan and reserve. |
| | 1 tsp | 0.08 oz | 0% | 0.08 oz Salt, Kosher | |



Curry and salt added



Tofu cooked

| | Capacity measure | EP | Trim loss | AP Name of ingredient | Methods |
|----------|------------------|------------|-----------|--------------------------------|--|
| 3 | 12 cup | 4 lb 14 oz | 0% | 4 lb 14 oz Rice, Brown, Cooked | For fried rice: To a pan over medium-high heat, add all ingredients in step 3. Cook rice and flatten for 1-2 minutes. Stir and repeat 2 more times or until rice is slightly crispy. |
| | 1/4 cup | 1.92 oz | 0% | 1.92 oz Oil, Canola | |



Oil in pan



Rice in pan

| | Capacity measure | EP | Trim loss | AP | Name of ingredient | Methods |
|----------|------------------|---------|-----------|---------|-----------------------|---|
| 4 | 3 tbsp | 1.76 oz | 0% | 1.76 oz | Soy Sauce, low sodium | Add ingredients in step 4 and stir to combine, cook for additional 2-3 minutes. |
| | 4 tsp | 0.32 oz | 0% | 0.32 oz | Ginger, ground | |
| | 4 tsp | 0.45 oz | 0% | 0.45 oz | Garlic, powder | |



Garlic and ginger added



Soy sauce in pan

| | Capacity measure | EP | Trim loss | AP | Name of ingredient | Methods |
|----------|------------------|----------|-----------|----------|---------------------------|--|
| 5 | 6 cup | 39.58 oz | 0% | 39.58 oz | Vegetables, Frozen, Mixed | Add frozen veggies and sriracha (if using) and stir to combine, cook for another 2-3 minutes and hold hot for service. |
| | 3 tbsp | 1.80 oz | 0% | 1.80 oz | Sauce, Sriracha, optional | |



Veggies added



Sriracha added

| | Capacity measure | EP | Trim loss | AP | Name of ingredient | Methods |
|---|---------------------|---------|--------------|---------|---|--|
| 6 | 3 tbsp | 0.37 oz | 17% | 0.45 oz | Onions, Green, sliced thinly on bias | For service: Mix in reserved tofu, remove from heat, portion 14 oz of fried rice in bowl and garnish with 1/2 teaspoon of green onions. |



*Scrambled tofu and green
onions added to pan*



Veggie fried rice

RECIPE IMAGES



Veggie fried rice

ALLERGENS

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WEIGHTS

| | Raw | Cooking loss | Cooked | Loss when served | Final |
|-----------------|---------------|--------------|---------------|------------------|---------------|
| Total weight | 10 lb 5.94 oz | 0.00 % | 10 lb 5.94 oz | 0.00 % | 10 lb 5.94 oz |
| Size of portion | 13.83 oz | | 13.83 oz | | 13.83 oz |

MEMO

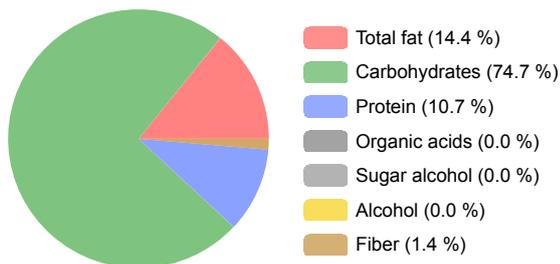
Crediting: Each serving provides 1.5 oz eq meat/meat alternate, 2 oz eq grains, and 1/2 cup other vegetable.

NUTRITION INFORMATION

per portion

| Energy nutritives | | | Calories | RDI | Minerals | | RDI | | Vitamins | | RDI |
|---------------------------|-----------------|---------------|--------------------|-------------|-------------|---------------|------|--|------------------|------------------|-------------|
| Total fat | 14.03 g | 18 % | 862.88 kcal | 43 % | Salt | 1.22 g | | | Vitamin A | 552.38 µg | 61 % |
| Saturated | 1.64 g | 8 % | 3,610.30 kJ | | Salt | 0.31 % | | | Vitamin D | 0.00 µg | 0 % |
| Monounsaturated | 6.48 g | | | | Sodium | 488.92 mg | 21 % | | Vitamin D | 0.00 µg | 0 % |
| Polyunsaturated | 5.24 g | | | | Phosphorus | 351.80 mg | 28 % | | Vitamin D | 0.00 µg | 0 % |
| Trans fatty acids | 0.03 g | | | | Potassium | 517.51 mg | 11 % | | Thiamine | 1.18 mg | 98 % |
| Cholesterol | 0.00 mg | 0 % | | | Iron | 14.01 mg | 78 % | | Riboflavin | 0.19 mg | 15 % |
| Linolenic acid | 4.13 g | | | | Calcium | 408.32 mg | 31 % | | Niacin | 8.63 mg | 54 % |
| Alpha-linolenic acid | 728.54 mg | | | | Zinc | 3.35 mg | 30 % | | Vitamin B6 | 0.47 mg | 28 % |
| Total Carbohydrate | 158.71 g | 58 % | | | Chloride | 0.00 mg | 0 % | | Vitamin B6 | 0.47 mg | 28 % |
| Sugars total | 3.86 g | 8 % | | | Chromium | 0.00 µg | 0 % | | Vitamin B12 | 0.00 µg | 0 % |
| Added sugar | 0.00 g | 0 % | | | Fluoride | 0.00 mg | 0 % | | Folate | 410.93 µg | 103 % |
| Lactose | 0.00 g | | | | Magnesium | 94.18 mg | 22 % | | Biotin | 0.00 µg | 0 % |
| Fiber | 6.18 g | 22 % | | | Molybdenum | 0.00 µg | 0 % | | Choline | 0.00 mg | 0 % |
| Organic acids | 0.00 g | 0.00 % | | | Iodine | 0.00 µg | 0 % | | Pantothenic Acid | 0.00 mg | 0 % |
| Sugar alcohol | 0.00 g | 0.00 % | | | Selenium | 37.45 µg | 68 % | | Vitamin C | 4.93 mg | 5 % |
| Starch | 0.00 g | 0.00 % | | | Copper | 0.70 mg | 78 % | | Vitamin E | 2.21 mg | 15 % |
| Protein | 22.78 g | 46 % | | | | | | | Vitamin K | 27.49 µg | 23 % |
| Alcohol | 0.00 g | 0.00 % | | | | | | | | | |
| | | | | | | | | | Others | | |
| | | | | | | | | | Water | 192.55 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.