

# Idaho Child Nutrition

**Recipe: 000402 Whole Grain P.F. Chang's Rice**

Recipe Source: P.F Chang's  
 Recipe Group: ENTREES

**Recipe HACCP Process: #2 Same Day Service**

Alternate Recipe Name:  
 Number of Portions: 25  
 Size of Portion: 1/2 c.

900131 Oyster Sauce..... 016424 SOY SAU MADE FROM SOY&WHEAT (SHOYU),LO NA..... 000084 CHICKEN STOCK.....	1 TBSP + 1 TSP 1/2 CUP 4 TBSP	In a mixing bowl, mix soy sauce, chicken broth, and oyster sauce together. Set aside.
015149 SHRIMP,MIXED SPECIES,RAW..... 051113 BEEF ROAST,FOOD SERV,TO 20% SOL,"ROAST BEEF-T... 075013 CHICKEN BREAST,Boneless,Skinless (avg 4 oz)..... 004623 OIL,VEG,TYPE A-COMMOD.....	8 OZ 8 OZ 8 OZ,raw,yield included 1 TBSP	Add 1/2 T. oil to hot pan. Add chicken, beef, and shrimp, and stir fry until done. Set aside.
001132 EGG,WHL,CKD,SCRMBLD.....	2 large	Add remaining 1/2 T. oil and add egg in and scramble.
020037 RICE,BROWN,LONG-GRAIN,CKD..... 011300 PEAS,EDIBLE-PODDED,RAW..... 011124 CARROTS,RAW..... 011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R.....	7 CUP 2 CUP, whole 1 CUP,strips/slices 1 CUP, chopped	Add all ingredients together and stir fry until rice is evenly coated.
		*** Only contains 1 oz. of meat/meat alternate for schools using Enhanced Food Based Menu Planning.

Calories	107	Iron	1.00 mg	Protein	7.01 g	26.24%	Calories from Prot
Cholesterol	37 mg	Calcium	22.93 mg	Carbohydrates	14.85 g	55.59%	Calories from Carb
Sodium	307 mg	Vitamin A	958.4 IU	Total Fat	2.22 g	18.72%	Calories from T Fat
Dietary Fiber	1.40 g	Vitamin A	154.3 RE	Saturated Fat	0.53 g	4.46%	Calories from S Fat
		Vitamin C	4.26 mg	Trans. Fat	0.03* g	0.24%	Calories from Trans. Fat
Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.							

**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.**

# Idaho Child Nutrition

<b>Miscellaneous</b>		<b>Attributes</b>	<b>Allergens Present</b>	<b>Allergens Absent</b>	<b>Allergens Unidentified</b>
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
					? - Fish
					? - Shellfish
					? - Soy
					? - Wheat
<b>Moisture &amp; Fat Change</b>					
Moisture Change.	0%				
Fat Change.....	0%				
Type of Fat.....					

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	900131	Oyster Sauce			
I	016424	SOY SAU MADE FROM SOY&WHEAT (SHOYU)			
I	000084	CHICKEN STOCK			
I	015149	SHRIMP,MIXED SPECIES,RAW			
I	051113	BEEF ROAST,FOOD SERV,TO 20% SOL,"ROA			
I	075013	CHICKEN BREAST,Boneless,Skinless (avg 4 oz)			
I	004623	OIL,VEG,TYPE A-COMMOD			
I	001132	EGG,WHL,CKD,SCRMBLD			
I	020037	RICE,BROWN,LONG-GRAIN,CKD			
I	011300	PEAS,EDIBLE-PODDED,RAW			
I	011124	CARROTS,RAW			
I	011291	ONIONS,SPRING OR SCALLIONS (INCL TOPS			

**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.