

# Recipe Prep Sheet

Coppell Independent School District

## 990089 - Ramen Cups, Vegetarian

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 20

Portion Size: Servings

Ingredient #	Ingredient Name	Measurements	Instructions
990446	Yakisoba Noodles, Non-WG	1 Bag	No Instructions Assigned
			<p><b>CCP:</b> Pre-prep Steps for Safe Food Handling</p> <ol style="list-style-type: none"> <li>1. Sanitation Instructions: Food prep areas,equipment and utensils to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.</li> <li>2. Getting Ready: Assemble all ingredients,utensils,etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.</li> <li>3. Personal Hygiene: Wash hands thoroughly before handling food,after handling contaminated food or objects and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use.</li> <li>4. Beginning Temperatures: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.</li> </ol> <ol style="list-style-type: none"> <li>1. Get the cooking and draining location ready. You need tongs and a striner big enough to hold all the cooked noodles.</li> <li>2. Place thawed noodles in a hotel pan deep enough for water to easaily cover the noodles by 1 inch.</li> <li>3. Gently,break up noodles with your hands.</li> <li>4. Cover the noodles with hot water (Hatco Hot Water dispenser)</li> <li>5. Using tongs,continue to break up the noodles.</li> <li>6. After ONE MINUTE,drain the noodles.</li> <li>7. Coat with a tablespoon or less of canola oil. Cannot be done more than 2 hours in advance.</li> </ol>

*\*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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

**NOTICE:** The data contained within this report and the Mosaic® 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.

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\*Nutrients are based upon 1 Portion Size (Servings)

Calories <sup>1</sup>	230.000 kcal	Total Fat	2.500 g	Total Dietary Fiber	2.000 g	Vitamin C	0.000 mg	9.783% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.000 g	Trans Fat <sup>2</sup>	0.000 g	Protein	6.000 g	Iron	2.700 mg	0.000% Calories from Sat Fat
Sodium <sup>1</sup>	60.000 mg	Cholesterol	0.000 mg	Vitamin A	0.000 IU	Water	*N/A* g	0.000% Calories from Trans Fat
Sugars	1.000 g	Carbohydrate	44.000 g	Calcium	0.000 mg	Ash	*N/A* g	76.522% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			10.435% Calories from Protein
Type of Fat	-							

<b>Components</b>					
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup
				Vegetable	cup
				Milk	cup

<b>Allergens</b>							
Egg	Wheat						

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