

Nutty Noodle Bowl

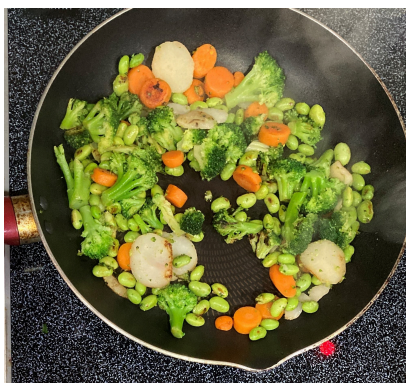
Recipe group	Additional name	Diet factors	Portions	Portion size
Entree	K12	VG	12	16.61
				OZ

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 1/4 cup	1 lb 11.53 oz	0%	1 lb 11.53 oz	Peanut Butter, smooth	For Peanut Sauce: In a blender, combine all ingredients from step 1 and blend until smooth. Sauce can be set aside until ready for use.
	2 cup	1 lb 0.64 oz	0%	1 lb 0.64 oz	Vinegar, Rice Wine	
	1 cup	0 lb 8.00 oz	0%	0 lb 8.00 oz	Water	
	1/2 cup	0 lb 4.60 oz	0%	0 lb 4.60 oz	Soy Sauce, Light Sodium	
	6 tbsp	0 lb 2.66 oz	0%	0 lb 2.66 oz	Sugar, White, granulated	
	1/4 cup	0 lb 0.95 oz	0%	0 lb 0.95 oz	Ginger, ground	
	2 tbsp	0 lb 0.68 oz	0%	0 lb 0.68 oz	Garlic, powder	
	2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Oil, Canola	
	2 tbsp	0 lb 0.60 oz	0%	0 lb 0.60 oz	Pepper, Cayenne, ground	



Blend peanut sauce.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 tbsp	0 lb 0.96 OZ	0%	0 lb 0.96 OZ	Oil, Canola	For Vegetables: Heat oil in tilt skillet or large sauté pan over medium heat. Add vegetables and cook 10 minutes or until tender. Vegetables can be held hot in hotel pans until ready for use.
	6 1/3 cup	2 lb 9.75 oz	0%	2 lb 9.75 oz	Vegetables, Frozen, Mixed <i>Country Blend</i>	
	3 cup	1 lb 2.99 oz	10%	1 lb 5.10 oz	Edamame, hulled, frozen	



Cook vegetables.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	12 cup	4 lb 11.00 oz	0%	4 lb 11.00 oz	Pasta, Spaghetti, cooked	For Nutty Noodles: In a mixing bowl, combine spaghetti, vegetables and peanut sauce and toss until well coated. Nutty Noodles can be held hot in hotel pans until ready for service.



Combine all ingredients.

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4				For Service: Portion 1 1/2 cup nutty noodles per serving. *Nutty Noodle Bowl can be served chilled after following proper cooling procedures.

RECIPE IMAGES



Nutty Noodle Bowl

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	12 lb 7.33	0 %	12 lb 7.33	0 %	12 lb 7.33
	OZ		OZ		OZ
Size of portion	16.61 oz		16.61 oz		16.61 oz

ADDITIONAL INFO

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MEMO

Each serving provides 2 meat/meat alternate, 2-ounce grain equivalents, and 1/2 cup other vegetable.

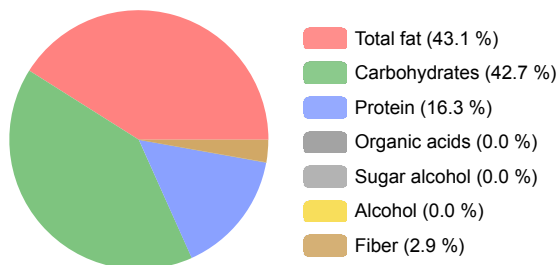
*Sun Butter can be used as an allergen free substitute for peanut butter.

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	RDI	Minerals		RDI	
		RDI	% of energy					
			867.77 kcal	43 %	Salt	1.99 g		
			3,630.72 kJ		Salt	0.42 %		
Total fat	42.27 g	54 %			Sodium	791.46 mg	34 %	Vitamins
Saturated	6.18 g	31 %	6.30 %		Phosphorus	465.08 mg	37 %	Vitamin A
Monounsaturated	19.09 g		19.45 %		Potassium	1,095.72 mg	23 %	Vitamin D
Polyunsaturated	12.89 g		13.14 %		Iron	6.53 mg	36 %	Thiamine
Trans fatty acids	0.02 g		0.02 %		Calcium	157.42 mg	12 %	Riboflavin
Cholesterol	0.00 mg	0 %			Zinc	3.91 mg	36 %	Niacin
Linolenic acid	12.04 g		12.27 %		Magnesium	194.96 mg	46 %	Vitamin B6
Alpha-linolenic acid	462.19 mg		0.47 %		Iodine	0.00 µg	0 %	Vitamin B12
Total Carbohydrate	91.12 g	33 %	42.67 %		Selenium	54.48 µg	99 %	Folate
Sugars total	16.00 g	32 %			Copper	0.70 mg	78 %	Vitamin C
Added sugar	0.00 g	0 %	0.00 %					Vitamin E
Lactose	0.00 g							Vitamin K
Fiber	13.35 g	48 %	2.94 %					Others
Organic acids	0.00 g		0.00 %					Water
Sugar alcohol	0.00 g		0.00 %					257.57 g
Starch	46.09 g		21.58 %					
Protein	34.70 g	69 %	16.25 %					
Alcohol	0.00 g		0.00 %					

PERCENTAGE OF ENERGY



CO2



0.12 kg

Comparable values

Snacks	1.41 kg
Main courses	1.98 kg
Desserts	0.89 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.