

Orange tofu

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, American	K12 PF deck	VG, GF, NF	12	14.03 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	0.29 oz	0%	0.29 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	
	3 cup	1 lb 14.69 oz	0%	1 lb 14.69 oz	Sauce, Asian Style Orange	



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.

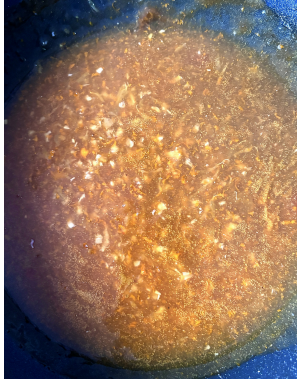


Place tofu in oven



Flip over tofu

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3						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	12 cup	5 lb 2.56 oz	0%	5 lb 2.56 oz	Rice, Brown, long grain, cooked	For service: Remove from heat and serve 1/2 cup orange tofu with 1 cup brown rice.



Toss tofu in sauce



Orange tofu

RECIPE IMAGES



Orange tofu

MEMO

Crediting: Each serving provides 2 ounces meat/meat alternate and 2 ounces grain equivalents.

NUTRITION INFORMATION

per portion

			Minerals				
Energy nutritives		% of energy	Calories	Salt	1.54 g		
Total fat	8.03 g	13.53 %	525.14 kcal 2,197.22 kJ	Salt	0.39 %	Vitamins	
Saturated	1.42 g	2.39 %		Sodium	613.04 mg	Vitamin A	5.91 µg
Monounsaturated	2.08 g	3.50 %		Phosphorus	335.03 mg	Vitamin D	0.00 µg
Polyunsaturated	4.15 g	6.99 %		Potassium	401.81 mg	Thiamine	0.47 mg
Trans fatty acids	0.00 g	0.00 %		Iron	8.24 mg	Riboflavin	0.21 mg
Cholesterol	0.00 mg			Calcium	458.86 mg	Niacin	5.43 mg
Linolenic acid	3.72 g	6.27 %		Zinc	2.59 mg	Vitamin B6	0.34 mg
Alpha-linolenic acid	22.20 mg	0.04 %		Chloride	0.00 mg	Vitamin B12	0.00 µg
Total Carbohydrate	99.13 g	76.69 %		Chromium	0.00 µg	Folate	0.00 µg
Sugars total	23.44 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %	Magnesium	119.27 mg	Choline	0.00 mg	
Lactose	0.00 g		Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg	
Fiber	4.18 g	1.52 %	Iodine	0.00 µg	Vitamin C	0.87 mg	
Organic acids	0.00 g	0.00 %	Selenium	23.79 µg	Vitamin E	0.50 mg	
Sugar alcohol	0.00 g	0.00 %	Copper	0.50 mg	Vitamin K	4.29 µg	
Starch	48.35 g	37.41 %					
Protein	16.00 g	12.38 %					
Alcohol	0.00 g	0.00 %					
						Others	
						Water	271.03 g

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.