

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	0.10 oz	0%	0.10 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

MEMO

Crediting: Each serving provides 1 1/2 ounces meat/meat alternate, 2 ounces grain equivalents and 1/2 cup vegetable.

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt	1.26 g		
Total fat	14.03 g	14.38 %	862.88 kcal 3,610.30 kJ	Salt	0.32 %	Vitamins	
Saturated	1.64 g	1.68 %		Sodium	504.18 mg	Vitamin A	552.38 µg
Monounsaturated	6.48 g	6.64 %		Phosphorus	351.80 mg	Vitamin D	0.00 µg
Polyunsaturated	5.24 g	5.37 %		Potassium	517.52 mg	Thiamine	1.18 mg
Trans fatty acids	0.03 g	0.03 %		Iron	14.01 mg	Riboflavin	0.19 mg
Cholesterol	0.00 mg			Calcium	408.33 mg	Niacin	8.63 mg
Linolenic acid	4.13 g	4.23 %		Zinc	3.35 mg	Vitamin B6	0.47 mg
Alpha-linolenic acid	728.54 mg	0.75 %		Chloride	0.00 mg	Vitamin B12	0.00 µg
Total Carbohydrate	158.71 g	74.73 %		Chromium	0.00 µg	Folate	410.93 µg
Sugars total	3.86 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	94.18 mg	Choline	0.00 mg
Lactose	0.00 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	6.18 g	1.37 %		Iodine	0.00 µg	Vitamin C	4.93 mg
Organic acids	0.00 g	0.00 %		Selenium	37.45 µg	Vitamin E	2.21 mg
Sugar alcohol	0.00 g	0.00 %		Copper	0.70 mg	Vitamin K	27.49 µg
Starch	0.00 g	0.00 %					
Protein	22.78 g	10.73 %					
Alcohol	0.00 g	0.00 %					
						Others	
						Water	192.55 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.