

# Butts County School System

**Recipe: 000719 PEANUT CHICKEN STIR-FRY**

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

Recipe Source:  
Recipe Group: ENTREES

Alternate Recipe Name:  
Number of Portions: 6  
Size of Portion: 1 CUP

020036 RICE,BROWN,LONG-GRAIN,RAW..... 000045 WATER..... 016167 PEANUT BUTTER,SMOOTH (INCLFOODS FOR USDA'S FD... 016124 SOY SAU MADE FROM SOY (TAMARI)..... 019334 SUGARS,BROWN..... 009524 LEMON JUC FROM CONC,BTLD,REAL LEMON..... 799939 GARLIC,RAW..... 002031 PEPPER,RED OR CAYENNE..... 004582 OIL,CANOLA..... 902620 CHICK,DICED,CKD,FRZ-COMMOD A517..... 075038 BROCCOLI,FRESH,RAW.....	8 OZ 1/3 CUP 1/4 CUP 1/4 CUP 2 tsp packed 1 TBSP 2 TBSP 1/2 TSP 2 TBSP 1 LB 1 bunch	1. Cook rice according to package directions. 2. In a small bowl, combine water, soy sauce, peanut butter, brown sugar, lemon juice, garlic and pepper flakes and set aside. 3. In tilting skillet, heat oil ove medium heat. Add chicken to stir fry and carmelize. 4. Add in broccoli and cook until tender. Add soy sauce mixture and bring to a boil. Note: Do not overcook broccoli. 5. Add cooked rice and bring to an internal temperature of 165 for 15 seconds.  Crediting: 2oz M/MA  <b>CCP:</b> Heat to 165° F or higher for at least 15 seconds  <b>CCP:</b> Hold at 135° F or higher.
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\*Nutrients are based upon 1 Portion Size (1 CUP)

Calories	433	kcal	Cholesterol	*67.66*	mg	Sugars	*2.70*	g	Calcium	78.43	mg	36.11%	Calories from Total Fat
Total Fat	17.39	g	Sodium	817.81	mg	Protein	31.46	g	Iron	2.88	mg	6.73%	Calories from Saturated Fat
Saturated Fat	3.24	g	Carbohydrates	40.05	g	Vitamin A	1667.48	IU	Water <sup>1</sup>	155.77	g	*0.04%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.02*	g	Dietary Fiber	5.23	g	Vitamin C	95.86	mg	Ash <sup>1</sup>	4.69	g	36.96%	Calories from Carbohydrates
												29.04%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
<sup>1</sup> - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional 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 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.