

Recipe Prep Sheet

990400 - Buffalo Roasted Tofu Wrap

Recipe HACCP Process: #2 Same Day Service

Source: Local

Number of Portions: 9

Portion Size: 1/2 cup

Ingredient #	Ingredient Name	Measurements	Instructions
990539	Tofu, Firm, 12/.83lb, Packer	3 package	Preheat oven to 375 degrees Buffalo Sauce Preparation: 1. In a medium sauce pot melt butter over medium heat. 2. Add hot sauce and garlic,whisk until well combined and smooth. 3. Remove from heat and hold hot until service. 4. Toss tofu with sauce right before service or during service to order until well coated with seasoning. Tofu: 1. Drain tofu and cut into cubes,place in a bowl. 2. Add cornstarch and salt and toss to coat. 3. Arrange tofu onto a baking sheet. 4. Bake Tofu for 7.5 minutes and coat tofu with sauce 5. Continue baking tofu for an additional 7.5 minutes Wrap 1/2 cup of tofu in each tortilla CCP: Heat to 145° F or higher for at least 15 Seconds CCP: Hold for hot service at 140° F or higher.
990579	Corn Starch, 24/1lb, Argo	8 tbsp	
990590	Hot Sauce, 4/1gal, Frank's RedHot	1 cup	
001145	BUTTER,WITHOUT SALT	1/2 CUP	
900771	GARLIC, GRANULATED	2 TBSP	
990577	Salt, Iodized, 18/2.25lb, GFS	1 tsp	
990558	Tortilla, Flour, 9", LS, 16/12ct., Azteca (2WG)	9 tortilla	

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories ¹	452.017 kcal	Total Fat	22.685 g	Total Dietary Fiber	3.185 g	Vitamin C	*0.336* mg	45.167% Calories from Total Fat
Saturated Fat ¹	10.462 g	Trans Fat ²	*0.000* g	Protein	20.286 g	Iron	*1.874* mg	20.830% Calories from Sat Fat
Sodium ¹	1431.526 mg	Cholesterol	27.138 mg	Vitamin A	*315.429* IU	Water	*9.558* g	*0.000%* Calories from Trans Fat
Sugars	*2.008* g	Carbohydrate	41.347 g	Calcium	*44.683* mg	Ash	*N/A* g	36.589% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.636			17.952% Calories from Protein
Type of Fat	-							

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

¹ - denotes required nutrient values

² - 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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DC Public Schools

Components									
Meat/Meat ALT	2 oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup

Allergens							
Milk	Soy	Wheat					

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