

Alameda Unified School District

Recipe: 000710 Chicken Adobo

Recipe Source: RC
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 96
 Size of Portion: Servings

900099 Chicken, Oven Roasted... 900094 Soy Sauce..... 002048 VINEGAR,CIDER..... 019334 SUGAR,BROWN..... 011215 GARLIC,FRESH..... 002030 PEPPER,BLACK.....	30 LB 1 1/2 QT 1 QT 1/4 CUP, unpacked 6 cloves 3 TSP, ground	1. In a bowl, prepare the ,marinade by combining and mixing well the soy sauce, brown sugar, pepper and garlic. 2. In a large container, mix in the marinade with the chicken. Let it stand in the refrigerator for at least one hour prior to cooking. 3. Add the chicken stock onto the chicken. 4. Transfer the chicken with marinade onto one full pan for 48 servings or divide the chicken into two full pans for 96 servings. 5. Cover the pan tightly. 6. Roast in 350 degrees standard oven for 30 minutes or 325 degree convection oven for 25 minutes.
000084 CHICKEN STOCK.....	1 QT	7. After 25 or 30 minutes, remove the pan cover and mix the chicken. 8. Then continue cooking the chicken without cover for approximately 30 minutes and until liquid is reduced and internal temperature of chicken reads 165 degrees F. CCP: Heat to 165 degrees for at least 15 seconds. 9. CCP: Hold for hot service at 135 degrees F or higher.
		10. Portion the chicken Adobo for one 2 oz serving ias follows: 1/2 breast or 1 drumstick or 2 wings 1 thigh with back = 3 m/ma Serving Suggestion: Serve over rice or with a dinner roll.

*Nutrients are based upon 1 Portion Size (Servings)

Calories	271 kcal	Cholesterol	*158.38* mg	Protein	*30.05* g	Calcium	*35.00* mg	*49.84%*	Calories from Total Fat
Total Fat	*15.01* g	Sodium	734.43 mg	Vitamin A	*0.01* RE	Iron	*1.23* mg	*16.60%*	Calories from Saturated Fat
Saturated Fat	*5.00* g	Carbohydrates	*0.63* g	Vitamin A	*0.41* IU	Water ¹	*9.47* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	*0.02* g	Vitamin C	*0.06* mg	Ash ¹	*0.02* g	*0.92%*	Calories from Carbohydrates
								44.34%	Calories from Protein

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 optional nutrient values

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.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 2.000 oz			Y - Soy	N - Milk	
Grain..... oz				N - Egg	
Fruit..... cup				N - Peanut	
Vegetable..... cup				N - Tree Nut	
Milk..... cup				N - Fish	
Moisture & Fat Change				N - Shellfish	
Moisture Change. 0%				N - Wheat	
Fat Change..... 0%					
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	900099	Chicken, Oven Roasted			
I	900094	Soy Sauce			
I	002048	VINEGAR,CIDER			
I	019334	SUGAR,BROWN			
I	011215	GARLIC,FRESH			
I	002030	PEPPER,BLACK			
I	000084	CHICKEN STOCK			

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