

# Sweet and sour Chicken

<b>Servings:</b>	350.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Sweet and Sour Chicken

## Nutrition Information

<b>Calories</b>	263.31	<b>Protein</b>	19.31g
<b>Fat</b>	10.26g	<b>SaturatedFat</b>	2.17g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	27.43mg
<b>Carbohydrates</b>	23.59g	<b>Fiber</b>	2.85g
<b>Sugar</b>	7.68g	<b>Sodium</b>	501.94mg
<b>Iron</b>	1.38mg	<b>Vitamin C</b>	0.99mg
<b>Vitamin A</b>	0.42IU	<b>Calcium</b>	0.74mg

## Ingredients

1920 Each CHIX BNLS WNG GLDNCRSP WGRAIN 6-105CT

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.

**384 Fluid Ounce SAUCE SWT & SOUR 6-64Z MINR**

## Preparation Instructions

Bake chicken as directed. Place in prepared steam table pans and pour sweet and sour sauce over chicken.

Place in oven for 20 to 25 minutes to heat up the sauce.

Serve from steam table.