

D-449 General Tso's Chicken & Rice

Servings:	175.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

General Tso's Chicken & Rice

Nutrition Information

Calories	102.23	Protein	1.32g
Fat	0.37g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.03mg
Carbohydrates	22.65g	Fiber	0.63g
Sugar	9.60g	Sodium	273.14mg
Iron	0.23mg	Vitamin C	0.00mg
Vitamin A	0.10IU	Calcium	0.01mg

Ingredients

3 1/2 Quart RICE BRN PARBL WGRAIN 25# GFS

BOIL

Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

5 1/2 Quart Water

47 3/20 Pound CHIX PCORN LRG WGRAIN CKD 6-5#

Place chicken in a single layer on parchment lined baking sheets. Heat to 165F for 15 seconds. Hot hold at 135F minimum.

3 3/4 Quart SAUCE GEN TSO 4-.5GAL ASIAN

User 1.75 quart to coat the chicken just before serving. The sauce will cause the breading to become mushy if sauced too far ahead. Hold at 135F.

2 Quart BROTH CHIX 12-5 COLLEGE INN

Combine broth with remaining 2 quart of sauce and add to rice to enhance the flavor and keep it moist.

Preparation Instructions

1. Prepare rice and hot hold at 135F minimum.

2. Place chicken in a single layer on baking sheets lined with parchment. Bake according to directions. Hot hold at 135F minimum.
3. Combine sauce and broth and add to rice.
4. Just before serving, add sauce to chicken.
5. Serve 10 pieces of popcorn chicken with 1/2 cup of rice.
6. Provides 2 ounces of meat/meat alternate and 1 ounce of whole grain equivalent.