

D-449 General Tso's Chicken & Rice

Servings:	100.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

General Tso's Chicken & Rice

Nutrition Information

Calories	102.17	Protein	1.32g
Fat	0.37g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.03mg
Carbohydrates	22.64g	Fiber	0.63g
Sugar	9.59g	Sodium	272.73mg
Iron	0.23mg	Vitamin C	0.00mg
Vitamin A	0.10IU	Calcium	0.01mg

Ingredients

2 Quart RICE BRN PARBL WGRAIN 25# GFS

12 1/2 Cup Water

26 15/16 Pound CHIX PCORN LRG WGRAIN CKD 6-5#

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

2 7/50 Quart SAUCE GEN TSO 4-.5GAL ASIAN

1 7/50 Quart BROTH CHIX 12-5 COLLEGE INN

Preparation Instructions

1. Add water to rice heat for approximately 25 minutes until the water is absorbed. Hot hold at 135F minimum.
2. Place chicken in a single layer on baking sheets lined with parchment. Bake until 165F for 15 seconds. Hot hold at 135F minimum.
3. Combine 2 quart of sauce and broth and add to rice. This will keep the rice moist and give it additional flavor.
4. Just before serving, add 1.75 quart of sauce to chicken. Toss to coat.

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.