

Tangerine Chicken # 791710

Servings: 1.00

Meal Type: Lunch

Category: Entree

HACCP Process: Same Day Service

Whole Grain batter chicken chunks tossed with a tangy sauce

Nutrition Information

| | | | |
|----------------------|--------|---------------------|----------|
| Calories | 194.87 | Protein | 14.36g |
| Fat | 4.10g | SaturatedFat | 1.03g |
| Trans Fat | 0.00g | Cholesterol | 46.15mg |
| Carbohydrates | 25.64g | Fiber | 2.05g |
| Sugar | 13.33g | Sodium | 389.74mg |
| Iron | 1.48mg | Vitamin C | 0.00mg |
| Vitamin A | 0.00IU | Calcium | 0.00mg |

Ingredients

4 Ounce STIR FRY WGRAIN TANGR CHIX 6-7.2#

Pre-heat oven to 3 chicken

pieces evenly on a sheet pan with parchment

paper. Bake frozen in oven

for 40-45 minutes

until golden brown and crispy.

50°F/400°F. Spread

Sauce in a bag -

Boil in Bag/Steamer (Best)

Place entire sauce in bag into hot boiling water

or steamer for 10-12 minutes or until content

is 165°F.

Microwave (Good)

Place entire sauce in bag into microwave for

3 minutes or until content is 165°F.

(product must be thawed)

Preparation Instructions