

Tangerine Chicken # 791710

Servings:	1.00
Serving Size:	1.00 Serving
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

Measurement	DistPart #	Description	Preparation Instructions
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4 Ounce	791710	STIR FRY WGRAIN TANGR CHIX 6-7.2#	<p>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</p> <p>Sauce in a bag -</p> <p>Boil in Bag/Steamer (Best)</p> <p>Place entire sauce in bag into hot boiling water</p> <p>or steamer for 10-12 minutes or until content is 165°F.</p> <p>Microwave (Good)</p> <p>Place entire sauce in bag into microwave for</p> <p>3 minutes or until content is 165°F. (product must be thawed)</p>

Preparation Instructions