

Sweet & Sour Chicken w/Rice

Servings:	1.00
Serving Size:	1.00 Each
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chicken and Rice

Nutrition Information

Calories	669.00	Protein	26.00g
Fat	15.00g	SaturatedFat	3.00g
Trans Fat	0.00g	Cholesterol	60.00mg
Carbohydrates	108.00g	Fiber	7.00g
Sugar	11.00g	Sodium	700.00mg
Iron	3.44mg	Vitamin C	1.00mg
Vitamin A	168.00IU	Calcium	17.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Tablespoon	242292	SAUCE SWT & SOUR 4-1GAL LACHY	
1/2 Cup	516371	RICE BRN PARBL WGRAIN 25 GCHC	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.
10 Piece	536620	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.

Preparation Instructions