

D-449 General Tso's Chicken & Rice

Servings:	100.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

General Tso's Chicken & Rice

Nutrition Information

Calories	344.34	Protein	17.49g
Fat	12.04g	SaturatedFat	2.69g
Trans Fat	0.00g	Cholesterol	53.88mg
Carbohydrates	40.75g	Fiber	3.33g
Sugar	9.58g	Sodium	802.71mg
Iron	2.03mg	Vitamin C	0.90mg
Vitamin A	150.86IU	Calcium	15.27mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Quart	516371	RICE BRN PARBL WGRAIN 25 GCHC	Place water and rice in a deep steam table pan. Cover and place in combi oven for 25 minutes.
12 1/2 Cup		Water	UNPREPARED
26 15/16 Pound	536620	CHIX PCORN LRG WGRAIN CKD 6-5	10 EA = 4.3 OZ or .026875 Lbs
2 7/50 Quart	802850	SAUCE GEN TSO 4- .5GAL ASIAN	
1 7/50 Quart	264865	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.