

# D-449 General Tso's Chicken & Rice

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	3 1/2 Quart	Place water and rice in a deep steam table pan. Cover and place in combi oven for 25 minutes.	516371
Water	12 1/2 Cup	UNPREPARED	
CHIX PCORN LRG WGRAIN CKD 6-5	26 9/10 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE GEN TSO 4-.5GAL ASIAN	2 7/50 Quart		802850
BROTH CHIX 12-5 COLLEGE INN	1 7/50 Quart		264865

## 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 2 ounce of whole grain equivalent.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	412.78		
<b>Fat</b>	13.62g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.04mg		
<b>Sodium</b>	863.32mg		
<b>Carbohydrates</b>	51.69g		
<b>Fiber</b>	4.12g		
<b>Sugar</b>	9.58g		
<b>Protein</b>	20.30g		
<b>Vitamin A</b>	168.13IU	<b>Vitamin C</b>	1.00mg
<b>Calcium</b>	17.01mg	<b>Iron</b>	2.40mg