

# General Tso's Chicken

## #72003 Whole Grain



**Whole grain battered chicken chunks tossed with a sweet and spicy sauce.**

### Nutrition Facts

Serving Size 3.9oz (110g)  
Servings Per Container about 176

Amount Per Serving	
<b>Calories</b> 200	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 510mg	<b>21%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 14g	
<b>Protein</b> 14g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet.

(176) 3.9 oz servings per case. 42.9 lb Net Wt.  
(6) 5 lb chicken & (6) 2.15 lb sauce.  
Case Information: Item# 72003  
Case L x W x H: 16.32" x 14.06" x 10.63"  
Cube: 1.68 TI x HI: 8x6 Gr. Cs Wt: 45.12 lb  
Shelf Life: Frozen 12 months at 0°F +/- 10°F

### INGREDIENTS: NO MSG ADDED, ZERO GRAMS TRANS FAT PER SERVING

Diced Chicken Leg Meat, Water, Sodium Phosphates. **BATTERED AND BREADED WITH:** Whole Wheat Flour, Water, Corn Starch, Salt, Modified Corn Starch, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Dextrose, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Garlic Powder, Onion Powder, Spices, Extractives Of Paprika, Spice Extractives. **PREDUSTED WITH:** Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Wheat Gluten, Dried Egg Whites, Salt, Sodium Acid Pyrophosphate, Leavening (Sodium Bicarbonate), Extractives of Paprika. **GENERAL TSO'S SAUCE:** Sugar, Water, Soy Sauce (Water, Soybeans, Salt, Wheat Flour), White Distilled Vinegar, Contains Less Than 2% Of Modified Corn Starch, Onion Powder, Garlic Powder, Sesame Seeds, Chili Peppers, Spices, Sesame Oil, Safflower Oil, Citric Acid, Sodium Citrate, Xanthan Gum, Cultured Dextrose, Natural Flavors (Milk).

**CONTAINS: WHEAT, EGGS, MILK AND SOY.**

### BASIC HEATING INSTRUCTIONS:

Per (1) 5 lb bag of breaded chicken pieces & (1) 2.15 lb bag of sauce

#### BREADED CHICKEN PIECES

##### Convection/Conventional oven (Best)

Pre-heat oven to 350°F/400°F. Spread chicken pieces evenly on a sheet pan with parchment paper. Bake frozen in oven for 40-45 minutes until golden brown and crispy.

#### SERVING

Equipment and times may vary. Use thermometer to ensure food temperature is 165°F or above. Place hot chicken in a serving pan. Pour hot sauce over chicken. Gently combine chicken with sauce and serve. #12 scoop is recommended. Portioning size may vary by individual practice.

#### SAUCE IN BAG (product must be thawed)

##### 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.



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