

# Oriental Mandarin Chicken over Stir Fry Rice

NO IMAGE

<b>Servings:</b>	88.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44492

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG WSCE 6-5# YANG	21 3/4 Pound		550512
PAN COAT SPRAY BUTTERY	1 Teaspoon		555752
RICE FRIED VEG WGRAIN	6 Package	<b>BAKE</b> Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. <b>FROZEN:</b> Cook for 45-50 minutes or until temperature reaches 165°F or above. <b>THAWED:</b> Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463

## Preparation Instructions

Preheat Combi or Oven to 400°. Line a sheet pan and spray with pan spray.

**CHICKEN:** Place frozen chicken in a single layer on lined, sprayed sheet pan. This will yield 5# per sheet pan. Bake for 8-12 minutes or until chicken is crisp and golden and reaches an internal temperature of 165° for 15 seconds.

**SAUCE:** Steam sauce in bags in combi for 15-20 minutes until sauce is hot. Toss 1 tray (5#) of chicken chunks with 1 bag of sauce (36 oz). Transfer to steam table pan that has been coated with pan spray.

**CCP:** Hold to an internal temperature of 165°.

Use a 1/2 cup (4 oz) spoodle to portion. Serving size is 4 oz by weight. A 3.6 oz serving of chicken with sauce contributes 2 M/MA (2.5 oz chicken pieces and 1.1 oz sauce). Each tray (5# bag) of chicken and 2.25 oz of sauce yields 29 / 4 oz servings.

Basic Preparation- RICE

Pre-heat convection oven to 350 degrees F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil. Cook for 45-50 minutes or until temperature reaches 165 degrees F or above. Half way through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.197
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.120
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.120

### Nutrition Facts

Servings Per Recipe: 88.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	422.43
<b>Fat</b>	5.68g
<b>SaturatedFat</b>	0.55g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	43.94mg
<b>Sodium</b>	727.46mg
<b>Carbohydrates</b>	72.40g
<b>Fiber</b>	3.82g
<b>Sugar</b>	13.85g
<b>Protein</b>	17.81g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 1.32mg
<b>Calcium</b> 9.54mg	<b>Iron</b> 1.46mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available