

ORANGE CHICKEN WITH RICE and EGG ROLL

NO IMAGE

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-22856 |
| School: | Manchester High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|---|------------|
| CHIX KIT TANGR ORANGE WGRAIN | 4 Ounce | | 791710 |
| RICE BRN PARBL WGRAIN | 1/2 Cup | 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. | 516371 |
| EGG ROLL VEG WGRAIN 130-3.1Z MINH | 1 Each | BAKE HEATING INSTRUCTIONS. HEAT BEFORE SERVING. Heating instructions are based on a full size sheet pan (with approximately 54 Egg Rolls). For food safety and quality, heat before serving to an internal temperature of 160°F. Convection Oven: Preheat oven to 350°F. Fill large (16"x24") baking tray with frozen egg rolls and cook for 21 - 22 minutes. Rotate tray halfway through baking time. | 521450 |

Preparation Instructions

Use a # 8 scoop for the rice.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.051 |
| Grain | 5.513 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.500 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 693.87 |
| Fat | 12.20g |
| SaturatedFat | 2.13g |
| Trans Fat | 0.00g |
| Cholesterol | 46.15mg |
| Sodium | 662.44mg |
| Carbohydrates | 121.64g |
| Fiber | 7.45g |
| Sugar | 16.33g |
| Protein | 26.86g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 44.10mg | Iron 4.78mg |

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

Nutrition - Per 100g

No 100g Conversion Available