

TERIYAKI 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-22857
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYAKI	3 Ounce		890911
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 rice

Meal Components (SLE)

Amount Per Serving

Meat	2.105
Grain	5.000
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	646.37
Fat	13.36g
SaturatedFat	2.15g
Trans Fat	0.00g
Cholesterol	68.42mg
Sodium	662.17mg
Carbohydrates	103.37g
Fiber	5.40g
Sugar	10.37g
Protein	30.39g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 54.63mg	Iron 4.14mg

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

Nutrition - Per 100g

No 100g Conversion Available