

TERIYAKI CHICKEN WITH FRIED RICE

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27958
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYAKI	3 Ounce		890911
RICE FRIED VEG WGRAIN	1 Cup		676463

Preparation Instructions

Use a #8 scoop for rice

Meal Components (SLE)

Amount Per Serving

Meat	2.105
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	417.37
Fat	7.76g
SaturatedFat	1.05g
Trans Fat	0.00g
Cholesterol	68.42mg
Sodium	829.48mg
Carbohydrates	61.37g
Fiber	4.00g
Sugar	10.37g
Protein	23.89g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.53mg	Iron 1.54mg

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

Nutrition - Per 100g

No 100g Conversion Available