

# ORANGE CHICKEN WITH FRIED RICE

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30723
<b>School:</b>	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX KIT TANGR ORANGE WGRAIN	4 Ounce		791710
RICE FRIED VEG WGRAIN	4 Ounce		676463
COOKIE FORTUNE WGRAIN	1 Each		565142

## Preparation Instructions

Use a # 8 scoop for the rice.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.051
<b>Grain</b>	2.035
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	389.59		
<b>Fat</b>	5.80g		
<b>SaturatedFat</b>	1.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	46.15mg		
<b>Sodium</b>	688.05mg		
<b>Carbohydrates</b>	64.92g		
<b>Fiber</b>	4.76g		
<b>Sugar</b>	17.03g		
<b>Protein</b>	18.59g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	7.28mg	<b>Iron</b>	1.95mg

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

## Nutrition - Per 100g

No 100g Conversion Available