

HOMEMADE TERIYAKI CHICKEN

NO IMAGE

Servings:	4.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37307
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Chicken	1 Pound		
SAUCE SOY LITE	1/4 Cup		466425
Tap Water for Recipes	1/4 Cup	UNPREPARED	000001WTR
HONEY	1 Fluid Ounce		225614
SUGAR BROWN LT	1 1/2 Tablespoon		860311
VINEGAR RICE WINE SEAS	1 Tablespoon	READY_TO_EAT Use directly from the bottle.	661651
OIL SESAME PURE	1/4 Teaspoon	SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.	348630
SPICE GINGER GRND	1/8 Teaspoon		513695
SPICE GARLIC POWDER	1/4 Teaspoon		224839
STARCH CORN	1 Fluid Ounce		108413

Preparation Instructions

Mix together all ingredients except chicken. Pour over chicken and bake at 350 degrees until temp reaches 165.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	220.48		
Fat	4.29g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	84.00mg		
Sodium	704.90mg		
Carbohydrates	18.00g		
Fiber	0.00g		
Sugar	13.50g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.02mg

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

Nutrition - Per 100g

Calories	194.43		
Fat	3.78g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	74.08mg		
Sodium	621.62mg		
Carbohydrates	15.87g		
Fiber	0.00g		
Sugar	11.91g		
Protein	22.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.01mg

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