

General Tso Chicken w/ Fried Rice



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49308

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE KIT GEN TSOS CHIX	4 Ounce		199341
Vegetable Fried Rice	5 9/10 Ounce	STEAM 5.9 oz serving = 2 oz grain	676463

Preparation Instructions

There are (176) 3.9 oz servings per case, from (6) 5 lb chicken & (6) 2.15 lb sauce.

1. Spread chicken pieces on a lined sheet pan. Bake frozen in oven for 40-45 minutes at 350° for 40-45 minutes or until golden brown and crispy. Temperature should be 165° or higher.

CCP: Hold for hot service at 140° or higher.

2. Place sauce in the bag into steamer for 10-12 minutes or until 165°

3. Cook rice according to package directions. CCP: Hold for hot service..

4. Place heated chicken in a serving pan. Pour heated sauce over chicken. Gently combine chicken with sauce.

5. To assemble, place 1/2 cup rice in a bowl and top with #10 scoop (3-4oz) of chicken.

CCP: Hold for hot service at 140° or higher.

RICE: 5.9 oz serving = 2 oz grain

Meal Components (SLE)

Amount Per Serving

Meat	2.051
Grain	2.513
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.130

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
Calories	485.38
Fat	9.68g
SaturatedFat	1.03g
Trans Fat	0.00g
Cholesterol	51.28mg
Sodium	901.54mg
Carbohydrates	78.62g
Fiber	5.03g
Sugar	17.36g
Protein	18.31g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.53mg	Iron 1.41mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available