

# Orange Chicken w/ Veg. Fried Rice



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25952
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX KIT TANGR ORANGE WGRAIN	4 Ounce	PREPARE FROM FROZEN STATE	791710
Vegetable Fried Rice	5 9/10 Ounce	STEAM	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. Add 1 oz ladle of sauce over rice.  
CCP: Hold for hot service at 140° or higher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.051
<b>Grain</b>	2.513
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.130
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.130

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	464.87
<b>Fat</b>	6.60g
<b>SaturatedFat</b>	1.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	46.15mg
<b>Sodium</b>	829.74mg
<b>Carbohydrates</b>	79.64g
<b>Fiber</b>	6.05g
<b>Sugar</b>	16.33g
<b>Protein</b>	20.36g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.02mg	<b>Iron</b> 2.15mg

\*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