

TERIYAKI CHICKEN WITH RICE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-13822
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYAKI	4 Ounce		890911
RICE BRN PARBL WGRAIN	1/4 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

Preparation Instructions

Use a #8 scoop for rice

Meal Components (SLE)

Amount Per Serving

Meat	2.807
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		366.49	
Fat		8.52g	
SaturatedFat		1.40g	
Trans Fat*		0.00g	
Cholesterol		91.23mg	
Sodium		519.30mg	
Carbohydrates		45.82g	
Fiber		1.00g	
Sugar		9.82g	
Protein		27.86g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	19.04mg	Iron	2.12mg

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

Nutrition - Per 100g

No 100g Conversion Available