

ORANGE CHICKEN WITH RICE and EGG ROLL



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22856
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX KIT TANGR ORANGE WGRAIN	4 Ounce		791710
RICE BRN PARBL WGRAIN	1/2 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
EGG ROLL VEG WGRAIN 130-3.1Z MINH	1 Each	BAKE HEATING INSTRUCTIONS. HEAT BEFORE SERVING. Heating instructions are based on a full size sheet pan (with approximately 54 Egg Rolls). For food safety and quality, heat before serving to an internal temperature of 160°F. Convection Oven: Preheat oven to 350°F. Fill large (16"x24") baking tray with frozen egg rolls and cook for 21 - 22 minutes. Rotate tray halfway through baking time.	521450

Preparation Instructions

Use a # 8 scoop for the rice.

Meal Components (SLE)

Amount Per Serving

Meat	2.051
Grain	5.513
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		693.87	
Fat		12.20g	
SaturatedFat		2.13g	
Trans Fat*		0.00g	
Cholesterol		46.15mg	
Sodium		662.44mg	
Carbohydrates		121.64g	
Fiber		7.45g	
Sugar		16.33g	
Protein		26.86g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.10mg	Iron	4.78mg

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

Nutrition - Per 100g

No 100g Conversion Available