

# TERIYAKI 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-22857
School:	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYAKI	3 Ounce		890911
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 rice

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.105
<b>Grain</b>	5.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		646.37	
<b>Fat</b>		13.36g	
<b>SaturatedFat</b>		2.15g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		68.42mg	
<b>Sodium</b>		662.17mg	
<b>Carbohydrates</b>		103.37g	
<b>Fiber</b>		5.40g	
<b>Sugar</b>		10.37g	
<b>Protein</b>		30.39g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	54.63mg	<b>Iron</b>	4.14mg

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

## Nutrition - Per 100g

No 100g Conversion Available