

HOMEMADE TERIYAKI CHICKEN



Servings:	4.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37307
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Chicken	1 Pound		
SAUCE SOY LITE	1/4 Cup		466425
Tap Water for Recipes	1/4 Cup	UNPREPARED	000001WTR
HONEY	1 Fluid Ounce		225614
SUGAR BROWN LT	1 1/2 Tablespoon		860311
VINEGAR RICE WINE SEAS	1 Tablespoon	READY_TO_EAT Use directly from the bottle.	661651
OIL SESAME PURE	1/4 Teaspoon	SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.	348630
SPICE GINGER GRND	1/8 Teaspoon		513695
SPICE GARLIC POWDER	1/4 Teaspoon		224839
STARCH CORN	1 Fluid Ounce		108413

Preparation Instructions

Mix together all ingredients except chicken. Pour over chicken and bake at 350 degrees until temp reaches 165.

Meal Components (SLE)

Amount Per Serving	
Meat	4.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00			
Serving Size: 4.00 Ounce			
Amount Per Serving			
Calories		220.48	
Fat		4.29g	
SaturatedFat		0.04g	
Trans Fat*		0.00g	
Cholesterol		84.00mg	
Sodium		704.90mg	
Carbohydrates		18.00g	
Fiber		0.00g	
Sugar		13.50g	
Protein		25.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.02mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g

Calories				194.43
Fat				3.78g
SaturatedFat				0.04g
Trans Fat*				0.00g
Cholesterol				74.08mg
Sodium				621.62mg
Carbohydrates				15.87g
Fiber				0.00g
Sugar				11.91g
Protein				22.05g
Vitamin A	0.00IU	Vitamin C	0.00mg	
Calcium	0.00mg	Iron	0.01mg	
*All reporting of TransFat is for information only, and is not used for evaluation purposes				