

Chicken Fried Rice

Servings:	28.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28586

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN	1 Package		676463
Chicken, Diced, Cooked, Frozen	1 3/4 Pound		100101

Preparation Instructions

In a 4B pan put 1 packages of fried rice and 1 3/4 pounds (or 28 ounce weight) of diced chicken. Heat in steamer UNCOVERED-heat 10 min.-stir carefully and temp to 170-then keep hot in pass through. Use 6 oz spoodle to serve.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.065
OtherVeg	0.000
Legumes	0.000
Starch	0.065

Nutrition Facts

Servings Per Recipe: 28.00			
Serving Size: 0.75 Cup			
Amount Per Serving			
Calories		170.96	
Fat		2.25g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		21.00mg	
Sodium		247.94mg	
Carbohydrates		26.99g	
Fiber		2.00g	
Sugar		1.50g	
Protein		9.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.35mg

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

Nutrition - Per 100g

No 100g Conversion Available