

# General TSO Chicken



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8434
<b>School:</b>	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
General TSO's Sauce- Graves County Schools	1 Tablespoon	Place unopened pouch in boiling water or steamer for 45 min. or until it reaches 140 degrees.	744854

## Preparation Instructions

Popcorn chicken

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

General TSO

Place unopened pouch in boiling water or steamer for 45 min. or until it reaches 140 degrees.

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	1.000
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: 10.00 Each			
Amount Per Serving			
Calories		340.00	
Fat		14.00g	
SaturatedFat		3.10g	
Trans Fat*		0.00g	
Cholesterol		70.00mg	
Sodium		666.00mg	
Carbohydrates		35.00g	
Fiber		3.00g	
Sugar		13.00g	
Protein		19.00g	
Vitamin A	280.00IU	Vitamin C	0.00mg
Calcium	23.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available	
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