

Chicken Fried Rice

Servings:	240.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28332
School:	Nappanee Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN	12 Package	N/A	676463
Chicken, Diced, Cooked, Frozen	25 Pound		100101
SALT IODIZED	6 Fluid Ounce	12 Tablespoons	350732

Preparation Instructions

Spray 6-4B pans well. DO NOT ADD ANY LIQUID.

In each 6-4B pan put 2 packages of fried rice, 4 pounds of diced chicken (divide last pound between pans--approx. 2 2/3 ounces), and 2 Tablespoons of salt. Bake at 325 degrees for 1 hour and 20 minutes covered till temp reaches 170°. Put in pass through warmer until serving time.

Note: Serve 3/4 cup per serving (6oz spoodle or #5 disher). Approx. 40 servings per pan.

Updated 8.9.23

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 240.00

Serving Size: 0.75 Cup

Amount Per Serving			
Calories		248.95	
Fat		3.42g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		35.00mg	
Sodium		708.58mg	
Carbohydrates		37.79g	
Fiber		2.80g	
Sugar		2.10g	
Protein		14.20g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.00mg	Iron	0.49mg

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

Nutrition - Per 100g

No 100g Conversion Available