

# Chicken Dumplings



Servings:	16.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52960
School:	Benton Jr -Sr High		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR POTSTKR CHIX VEG WGRAIN	2 Package		640331
SAUCE ORNG SESM	1 Package		341113

## Preparation Instructions

Place dumplings in a single layer on parchment paper lined baking sheet.

Steam dumplings in combi for 16-20 minutes.

Heat to an internal temperature of 165 degrees.

Heat orange sauce in a steamer for 12-15 minutes in a bag.

Pour one bag of sauce per 2 bags of dumplings. Toss lightly until all dumplings are covered.

Hold in hot pass thru at 170 degrees.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 6.00 Each

Amount Per Serving			
<b>Calories</b>		362.04	
<b>Fat</b>		7.80g	
<b>Saturated Fat</b>		0.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		35.01mg	
<b>Sodium</b>		726.08mg	
<b>Carbohydrates</b>		57.00g	
<b>Fiber</b>		1.00g	
<b>Sugar</b>		26.00g	
<b>Added Sugar</b>		1.00g	
<b>Protein</b>		18.60g	
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	63.37mg	<b>Iron</b>	2.00mg

## Nutrition - Per 100g

No 100g Conversion Available