

General Tso Chicken w/ Fried Rice updated



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56322

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE KIT GEN TSOS CHIX	4 Ounce	4 oz chicken = 2oz Meat 28 servings per bag, approx 170 servings per case	199341
RICE FRIED VEG WGRAIN	6 Ounce	BAKE Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463

Preparation Instructions

There are approximately (170) 4 oz servings per case, from (6) 5 lb chicken & (6) 2.15 lb sauce.

1. Spread chicken pieces on a lined sheet pan. Bake frozen in oven for 40-45 minutes at 350° for 40-45 minutes or until golden brown and crispy. Temperature should be 165° or higher.

CCP: Hold for hot service at 140° or higher.

2. Place sauce in the bag into steamer for 10-12 minutes or until 165°

3. Cook rice according to package directions. CCP: Hold for hot service.

4. Place heated chicken in a serving pan. Pour heated sauce over chicken. Gently combine chicken with sauce.
5. To assemble, place a 6 oz scoop of rice directly onto tray and top with #10 scoop (4oz) of chicken.

CCP: Hold for hot service at 140° or higher.

RICE: 5.9 oz serving = 2 oz grain

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.051
Grain	2.557
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.539
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.519

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	489.96		
Fat	9.72g		
Saturated Fat	1.03g		
Trans Fat	0.00g		
Cholesterol	51.28mg		
Sodium	909.00mg		
Carbohydrates	79.53g		
Fiber	5.09g		
Total Sugar	17.41g		
Added Sugar	0.00g		
Protein	18.41g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.68mg	Iron	1.45mg

Nutrition - Per 100g

No 100g Conversion Available