

Arroz con Pollo

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Servings:	36.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52970

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	5 Pound	ALWAYS USE COMMODITY CHICKEN! UNSPECIFIED Not currently available	570533
SEASONING TACO	3/4 Cup		413429
SAUCE CHS QUESO BLANCO FZ	5 Pound	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110
Rice	5 Cup	Need 18 cups COOKED rice.	722987

Preparation Instructions

1. Cook rice. Need 18 cups of cooked rice for 36 half-cup servings.
2. Cook chicken according to package instruction.
3. Once rice is done and 18 cups measured, add taco seasoning. Mix well.
4. Once chicken is cooked, stir cheese into the chicken.
5. To serve, scoop 6oz rice directly onto tray and top with chicken & cheese mixture.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.963
Grain	2.222
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 8.00 Ounce

Amount Per Serving	
Calories	430.30
Fat	14.37g
Saturated Fat	7.33g
Trans Fat	0.01g
Cholesterol	72.96mg
Sodium	813.93mg
Carbohydrates	44.96g
Fiber	0.61g
Total Sugar	0.50g
Added Sugar	0.50g**
Protein	25.72g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 233.33mg	Iron 2.40mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	189.73
Fat	6.34g
Saturated Fat	3.23g
Trans Fat	0.00g
Cholesterol	32.17mg
Sodium	358.88mg
Carbohydrates	19.83g
Fiber	0.27g
Total Sugar	0.22g
Added Sugar	0.22g**
Protein	11.34g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 102.88mg	Iron 1.06mg

**One or more nutritional components are missing from at least one item on this recipe.