

# General TSO Chicken

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54259

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE KIT GEN TSOS CHIX	6 Ounce	PREHEAT OVEN TO 350 DEGREES F CONVECTION, PREHEAT OVEN TO 400 DEGREES F IN CONVENTIONAL. PLACE CHICKEN ON A SHEET PAN FOR APPROXIMATELY 30 MINUTES OR UNTIL GOLDEN BROWN. IF FRYING CHICKEN PLACE PIECES OF CHICKEN IN FRYER AT 350 DEGREES F FOR 3 MINUTES OR UNTIL GOLDEN BROWN. FOR SAUCE PLACE BAG IN BOILING WATER FOR 10-12 MINUTES. THEN COMBINE CHICKEN AND SAUCE. MIX WELL UNTIL CHICKEN IS COATED.	199341

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

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

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	0.750
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

Amount Per Serving	
<b>Calories</b>	323.08
<b>Fat</b>	10.77g
<b>Saturated Fat</b>	1.54g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	76.92mg
<b>Sodium</b>	692.31mg
<b>Carbohydrates</b>	36.92g
<b>Fiber</b>	1.54g
<b>Total Sugar</b>	21.54g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	18.46g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.77mg	<b>Iron</b> 1.11mg

## Nutrition - Per 100g

<b>Calories</b>	189.94
<b>Fat</b>	6.33g
<b>Saturated Fat</b>	0.90g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.22mg
<b>Sodium</b>	407.01mg
<b>Carbohydrates</b>	21.71g
<b>Fiber</b>	0.90g
<b>Total Sugar</b>	12.66g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	10.85g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 18.09mg	<b>Iron</b> 0.65mg