

# General TSO Chicken- JTM

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-8434
<b>School:</b>	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	10 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
General TSO's Sauce- Graves County Schools	1 Tablespoon	Place unopened pouch in boiling water or steamer for 45 min. or until it reaches 140 degrees.	744854

## Preparation Instructions

Popcorn chicken

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

General TSO

Place unopened pouch in boiling water or steamer for 45 min. or until it reaches 140 degrees.

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>	1.000
<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: 10.00 Each

Amount Per Serving	
<b>Calories</b>	270.00**
<b>Fat</b>	13.00g**
<b>Saturated Fat</b>	3.00g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	70.00mg**
<b>Sodium</b>	480.00mg**
<b>Carbohydrates</b>	19.00g**
<b>Fiber</b>	3.00g**
<b>Total Sugar</b>	0.00g**
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	19.00g**
<b>Vitamin A</b> 200.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 20.00mg**	<b>Iron</b> 1.44mg**

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

## Nutrition - Per 100g

No 100g Conversion Available