

Hunan Chicken- JTM

Servings:	1.00	Category:	Entree
Serving Size:	10.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8435
School:	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
6-5 SAUCE HUNAN STYLE ORANGE 73420	1 Tablespoon	Place unopened pouch in boiling water or steamer for 45 min. or until it reaches 140 degrees.	985480

Preparation Instructions

Chicken

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

Hunan Sauce

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

Meat/Meat Alternate	2.000
Grain	1.000
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: 1.00

Serving Size: 10.00 Each

Amount Per Serving	
Calories	285.85
Fat	13.00g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	536.80mg
Carbohydrates	23.00g
Fiber	3.05g
Total Sugar	3.00g
Added Sugar	3.00g
Protein	19.20g
Vitamin A 200.00mcg**	Vitamin C 0.00mg**
Calcium 20.00mg**	Iron 1.44mg**

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

Nutrition - Per 100g

No 100g Conversion Available