

General TSO Chicken



Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat/Meat Alternate	2.000
Grain	0.750
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: 6.00 Ounce

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

Nutrition - Per 100g

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