

Tangerine Orange Chicken



Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54260

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX KIT TANGR ORANGE WGRAIN	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.	791710

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	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	292.31		
Fat	6.15g		
Saturated Fat	1.54g		
Trans Fat	0.00g		
Cholesterol	69.23mg		
Sodium	584.62mg		
Carbohydrates	38.46g		
Fiber	3.08g		
Total Sugar	20.00g		
Added Sugar	20.00g		
Protein	21.54g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.22mg

Nutrition - Per 100g

Calories	171.85		
Fat	3.62g		
Saturated Fat	0.90g		
Trans Fat	0.00g		
Cholesterol	40.70mg		
Sodium	343.70mg		
Carbohydrates	22.61g		
Fiber	1.81g		
Total Sugar	11.76g		
Added Sugar	11.76g		
Protein	12.66g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.30mg