

Asian Bar K-8- Rice, Chicken Egg Roll



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-52201

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN	2 Ounce	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
CHIX POPCORN BRD LRG FC 8-4# GLDCRK	4 1/2 Ounce	Basic Preparation Cook to internal temperature of 165 degrees F	260419
EGG ROLL VEG 3Z	1 Each		323848

Preparation Instructions

Offer choice of sauce

Sauce, Orange Ginger, No MSG

#802860 | Asian Menu | 0.5 US Gallons/Jug, 4 Jugs/Case

Sauce, General Tso's, No MSG

#802850 | Asian Menu | 0.5 US Gallons/Jug, 1 Jug/Each, 4 Eaches/Case

OG

BI

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	2.250
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	605.00
Fat	18.00g
Saturated Fat	2.60g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	1129.40mg
Carbohydrates	76.00g
Fiber	5.40g
Total Sugar	2.00g
Added Sugar	1.00g
Protein	32.50g
Vitamin A 70.60mcg**	Vitamin C 8.20mg**
Calcium 66.30mg	Iron 4.30mg

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

Nutrition - Per 100g

No 100g Conversion Available