

Teriyaki Chicken over RICE with EggROLL



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-55200
School:	Walton-Verona MiddleHigh		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
101031 USDA Foods Rice, Brown, Long-Grain, Parboiled	2 Ounce		516371
diced chicken	2 Ounce	Steam in steamer till 165F with teriyaki Sauce	110530
SAUCE TERIYAKI	1 Teaspoon	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	417622
EGG ROLL VEG 3Z	1 Each	Basic Preparation Conventional Oven: Preheat oven to 425 degrees F, and cook from 17-18 minutes if thawed or 25-26 minutes from frozen. Convection Oven: Preheat oven to 350 degrees F, and cook for 10-11 minutes if thawed, or 18-19 minutes from frozen. Microwave: Heat on high for 35 secones if frozen, or 95 minutes from thawed.	323848

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	3.000
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	476.33
Fat	10.50g
Saturated Fat	0.60g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	702.07mg
Carbohydrates	116.00g
Fiber	4.40g
Total Sugar	4.67g
Added Sugar	3.67g**
Protein	19.50g
Vitamin A 70.60mcg	Vitamin C 8.20mg
Calcium 35.30mg	Iron 1.30mg

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

Nutrition - Per 100g

No 100g Conversion Available