

Mandarin Orange Chicken



Servings:	1.00	Category:	Entree
Serving Size:	3.60 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57054
School:	Walton-Verona K-5		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	3 3/4 Ounce		550512

Preparation Instructions

asic Preparation

Prepare from frozen state. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
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: 3.60 Ounce

Amount Per Serving			
Calories	150.00		
Fat	3.00g		
Saturated Fat	0.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	280.00mg		
Carbohydrates	19.00g		
Fiber	0.00g		
Total Sugar	10.00g		
Added Sugar	11.00g		
Protein	11.00g		
Vitamin A	0.00mcg	Vitamin C	1.20mg
Calcium	0.00mg	Iron	0.72mg

Nutrition - Per 100g

Calories	146.97		
Fat	2.94g		
Saturated Fat	0.49g		
Trans Fat	0.00g		
Cholesterol	39.19mg		
Sodium	274.35mg		
Carbohydrates	18.62g		
Fiber	0.00g		
Total Sugar	9.80g		
Added Sugar	10.78g		
Protein	10.78g		
Vitamin A	0.00mcg	Vitamin C	1.18mg
Calcium	0.00mg	Iron	0.71mg