

# General Tso Chicken

NO IMAGE

<b>Servings:</b>	758.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	10.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-55183
<b>School:</b>	Urey Middle		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	206 8/11 Pound	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
SAUCE GEN TSO	110 1/4 Cup		802850

## Preparation Instructions

Bake popcorn chicken from frozen.

1. Take 3 sheet pans and place 1-5lb bag of popcorn chicken onto each sheet pan.
2. Bake: Conventional oven: 350 degrees for 10-12 minutes OR Convection oven at 350 degrees for 6-8 minutes.
3. Once chicken has reached temperature place all three sheet pans into a 6 inch and add 8 cups of sauce.
4. Toss popcorn chicken in sauce enough to coat.
5. Hold for in warmer until ready for service.

Each student should receive 10 pieces of popcorn chicken.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 758.000

Serving Size: 10.00 Piece

Amount Per Serving	
<b>Calories</b>	355.40
<b>Fat</b>	13.19g
<b>Saturated Fat</b>	3.04g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	71.02mg
<b>Sodium</b>	882.65mg
<b>Carbohydrates</b>	37.90g
<b>Fiber</b>	3.04g
<b>Total Sugar</b>	16.29g
<b>Added Sugar</b>	16.29g
<b>Protein</b>	19.28g
<b>Vitamin A</b> 202.92mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 20.29mg	<b>Iron</b> 1.46mg

## Nutrition - Per 100g

<b>Calories</b>	287.28
<b>Fat</b>	10.66g
<b>Saturated Fat</b>	2.46g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	57.41mg
<b>Sodium</b>	713.48mg
<b>Carbohydrates</b>	30.63g
<b>Fiber</b>	2.46g
<b>Total Sugar</b>	13.17g
<b>Added Sugar</b>	13.17g
<b>Protein</b>	15.58g
<b>Vitamin A</b> 164.03mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 16.40mg	<b>Iron</b> 1.18mg