

# Orange Chicken w/ Veg. Fried Rice



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-25952
<b>School:</b>	CUSTER BAKER INTERMEDIATE SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX KIT TANGR ORANGE WGRAIN	4 Ounce	PREPARE FROM FROZEN STATE	791710
Vegetable Fried Rice	5 9/10 Ounce	STEAM	676463

## Preparation Instructions

There are (176) 3.9 oz servings per case, from (6) 5 lb chicken & (6) 2.15 lb sauce.

1. Spread chicken pieces on a lined sheet pan. Bake frozen in oven for 40-45 minutes at 350° for 40-45 minutes or until golden brown and crispy. Temperature should be 165° or higher.

CCP: Hold for hot service at 140° or higher.

2. Place sauce in the bag into steamer for 10-12 minutes or until 165°

3. Cook rice according to package directions. CCP: Hold for hot service..

4. Place heated chicken in a serving pan. Pour heated sauce over chicken. Gently combine chicken with sauce.

5. To assemble, place 1/2 cup rice directly onto tray and top with #10 scoop (3-4oz) of chicken. Add 1 oz ladle of sauce over rice.

CCP: Hold for hot service at 140° or higher.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.051
<b>Grain</b>	2.513
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.130
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.130

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	1138.87
<b>Fat</b>	18.85g
<b>Saturated Fat</b>	2.21g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	46.15mg
<b>Sodium</b>	2008.11mg
<b>Carbohydrates</b>	214.44g
<b>Fiber</b>	14.44g
<b>Total Sugar</b>	25.13g
<b>Added Sugar</b>	13.33g
<b>Protein</b>	36.78g
<b>Vitamin A</b> 1858.50mcg	<b>Vitamin C</b> 11.80mg
<b>Calcium</b> 49.56mg	<b>Iron</b> 4.43mg

## Nutrition - Per 100g

<b>Calories</b>	406.62
<b>Fat</b>	6.73g
<b>Saturated Fat</b>	0.79g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	16.48mg
<b>Sodium</b>	716.98mg
<b>Carbohydrates</b>	76.56g
<b>Fiber</b>	5.16g
<b>Total Sugar</b>	8.97g
<b>Added Sugar</b>	4.76g
<b>Protein</b>	13.13g
<b>Vitamin A</b> 663.56mcg	<b>Vitamin C</b> 4.21mg
<b>Calcium</b> 17.69mg	<b>Iron</b> 1.58mg