

# General Tso Chicken w/ Fried Rice updated



<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-56322

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE KIT GEN TSO'S CHIX	4 Ounce	4 oz chicken = 2oz Meat 28 servings per bag, approx 170 servings per case	199341
RICE FRIED VEG WGRAIN	6 Ounce	<b>BAKE</b> Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. <b>FROZEN:</b> Cook for 45-50 minutes or until temperature reaches 165°F or above. <b>THAWED:</b> Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463

## Preparation Instructions

There are approximately (170) 4 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 a 6 oz scoop of rice directly onto tray and top with #10 scoop (4oz) of chicken.
- CCP: Hold for hot service at 140° or higher.

RICE: 5.9 oz serving = 2 oz grain

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.051
<b>Grain</b>	2.557
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.539
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.519

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving	
<b>Calories</b>	489.96
<b>Fat</b>	9.72g
<b>Saturated Fat</b>	1.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	51.28mg
<b>Sodium</b>	909.00mg
<b>Carbohydrates</b>	79.53g
<b>Fiber</b>	5.09g
<b>Total Sugar</b>	17.41g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	18.41g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.68mg	<b>Iron</b> 1.45mg

## Nutrition - Per 100g

<b>Calories</b>	172.83
<b>Fat</b>	3.43g
<b>Saturated Fat</b>	0.36g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	18.09mg
<b>Sodium</b>	320.63mg
<b>Carbohydrates</b>	28.05g
<b>Fiber</b>	1.80g
<b>Total Sugar</b>	6.14g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	6.49g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.82mg	<b>Iron</b> 0.51mg