

# Sweet & Sour Chicken

NO IMAGE

<b>Servings:</b>	76.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	12.00 pieces	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57843
<b>School:</b>	Tri-County Jr./Sr. High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	16 Pound		327120
SAUCE SWT & SOUR	2 Quart		242292

## Preparation Instructions

Bake popcorn chicken from frozen.

1. Take 2 sheet pans and place 1-8lb 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 both 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 12 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: 76.00

Serving Size: 12.00 pieces

Amount Per Serving	
<b>Calories</b>	301.14
<b>Fat</b>	15.04g
<b>Saturated Fat</b>	2.51g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.06mg
<b>Sodium</b>	473.55mg
<b>Carbohydrates</b>	27.83g
<b>Fiber</b>	3.01g
<b>Total Sugar</b>	10.26g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	15.04g
<b>Vitamin A</b> 109.27mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.10mg	<b>Iron</b> 2.11mg

## Nutrition - Per 100g

<b>Calories</b>	315.36
<b>Fat</b>	15.75g
<b>Saturated Fat</b>	2.62g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	26.25mg
<b>Sodium</b>	495.92mg
<b>Carbohydrates</b>	29.14g
<b>Fiber</b>	3.15g
<b>Total Sugar</b>	10.75g
<b>Added Sugar</b>	1.05g
<b>Protein</b>	15.75g
<b>Vitamin A</b> 114.43mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 41.99mg	<b>Iron</b> 2.20mg