

Sweet & Sour Chicken

Servings:	76.00	Category:	Entree
Serving Size:	12.00 pieces	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57843
School:	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

Meat/Meat Alternate	2.000
Grain	1.000
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: 76.00

Serving Size: 12.00 pieces

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

Nutrition - Per 100g

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