

# Asian Bowl

NO IMAGE

<b>Servings:</b>	25.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bowl	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-26837

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN	73 3/4 Ounce	Preheat oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place fried rice in pan, spread evenly and cover tightly with foil. Cook for 45-50 mins or until temp is 165°. Half way through the cook cycle open foil carefully and stir rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving.	676463
SAUCE ORNG GINGR	1 1/2 Cup		802860
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	300 Each	N/A	327120

## Preparation Instructions

Heat Rice and Popcorn Chicken

Once Popcorn Chicken is cooked mix with with 1 1/2 cups of Orange Sauce. (Note one sheet pan of popcorn chicken should be tossed in sauce the chicken should be completely coated in sauce then serve with 6 ounce ladle.)

Place 4 oz (1/2 cup) of rice in a bowl and place 12 pcs of sauce popcorn chicken on top.

jsh 12.19.24

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.378
<b>Grain</b>	2.194
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.265
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.255

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Bowl

Amount Per Serving	
<b>Calories</b>	413.80
<b>Fat</b>	16.25g
<b>Saturated Fat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	662.40mg
<b>Carbohydrates</b>	50.68g
<b>Fiber</b>	5.00g
<b>Total Sugar</b>	9.22g
<b>Added Sugar</b>	7.72g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 109.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 45.00mg	<b>Iron</b> 2.45mg

## Nutrition - Per 100g

<b>Calories</b>	494.80
<b>Fat</b>	19.43g
<b>Saturated Fat</b>	2.99g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	29.89mg
<b>Sodium</b>	792.06mg
<b>Carbohydrates</b>	60.60g
<b>Fiber</b>	5.98g
<b>Total Sugar</b>	11.02g
<b>Added Sugar</b>	9.23g
<b>Protein</b>	21.52g
<b>Vitamin A</b> 130.34mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 53.81mg	<b>Iron</b> 2.93mg