

Asian Bowl

NO IMAGE

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Bowl	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Bowl

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

Nutrition - Per 100g

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