

Orange Chicken over RICE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44303

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	3 3/4 Ounce	Basic Preparation Prepare from frozen state. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.	550512
101031 USDA Foods Rice, Brown, Long- Grain, Parboiled	1 Cup	1 cup yields 2 grain equivalent	516371

Preparation Instructions

Each 30#case yields 133 servings

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	378.00
Fat	5.00g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	286.00mg
Carbohydrates	67.00g
Fiber	2.00g
Total Sugar	10.00g
Added Sugar	11.00g
Protein	15.00g
Vitamin A 0.00mcg RAE	Vitamin C 1.20mg
Calcium 0.00mg	Iron 0.72mg

Nutrition - Per 100g

Calories	238.10
Fat	3.15g
Saturated Fat	0.31g
Trans Fat	0.00g
Cholesterol	25.20mg
Sodium	180.15mg
Carbohydrates	42.20g
Fiber	1.26g
Total Sugar	6.30g
Added Sugar	6.93g
Protein	9.45g
Vitamin A 0.00mcg RAE	Vitamin C 0.76mg
Calcium 0.00mg	Iron 0.45mg