

Oriental Mandarin Chicken over Stir Fry Rice



Servings:	88.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44492

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	21 3/4 Pound		550512
PAN COAT SPRAY BUTTERY	1 Teaspoon		555752
RICE FRIED VEG WGRAIN	6 Package	BAKE Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463

Preparation Instructions

Preheat Combi or Oven to 400°. Line a sheet pan and spray with pan spray.

CHICKEN: Place frozen chicken in a single layer on lined, sprayed sheet pan. This will yield 5# per sheet pan. Bake for 8-12 minutes or until chicken is crisp and golden and reaches and internal temperature of 165° for 15 seconds.

SAUCE: Steam sauce in bags in combi for 15-20 minutes until sauce is hot. Toss 1 tray (5#) of chicken chunks with 1 bag of sauce (36 oz). Transfer to steam table pan that has been coated with pan spray.

CCP: Hold to an internal temperature of 165°.

Use a 1/2 cup (4 oz) spoodle to portion. Serving size is 4 oz by weight. A 3.6 oz serving of chicken with sauce contributes 2 M/MA (2.5 oz chicken pieces and 1.1 oz sauce). Each tray (5# bag) of chicken and 2.25 oz of sauce yields 29 / 4 oz servings.

Basic Preparation- RICE

Pre-heat convection oven to 350 degrees F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread evenly and cover the pan tightly with foil. Cook for 45-50 minutes or until temperature reaches 165 degrees F or above. Half way through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.197
Grain	1.918
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.506
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.487

Nutrition Facts

Servings Per Recipe: 88.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	422.43
Fat	5.68g
Saturated Fat	0.55g
Trans Fat	0.00g
Cholesterol	43.94mg
Sodium	727.46mg
Carbohydrates	72.40g
Fiber	3.82g
Total Sugar	13.85g
Added Sugar	12.08g
Protein	17.81g
Vitamin A 0.00mcg RAE	Vitamin C 1.32mg
Calcium 9.54mg	Iron 1.46mg

Nutrition - Per 100g

Calories	155.46
Fat	2.09g
Saturated Fat	0.20g
Trans Fat	0.00g
Cholesterol	16.17mg
Sodium	267.71mg
Carbohydrates	26.64g
Fiber	1.40g
Total Sugar	5.10g
Added Sugar	4.45g
Protein	6.55g
Vitamin A 0.00mcg RAE	Vitamin C 0.49mg
Calcium 3.51mg	Iron 0.54mg