

# Teriyaki Chicken

<b>Servings:</b>	40.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56907
<b>School:</b>	NEW PRAIRIE HIGH SCHOOL	<b>Grams Per Serving:</b>	81.09

## Ingredients

Description	Measurement	DistPart #
ENTREE CHIX TERYK BBQ W/SCE	1 Package	344383
RICE BRN PARBL WGRAIN	10 Cup	516371
Tap Water for Recipes	1 1/4 Gallon	000001WTR

## Preparation Instructions

1. Thaw unopened frozen chicken strips on a sheet pan for 24 hours in the cooler. Thaw unopened frozen shelf stable sauce pouch at room temperature for use.
2. Pre-heat oven to 350F Convection / 400F Conventional.
3. Open thawed bag of chicken strips and spread into full size 2" hotel pan.
4. Pour thawed sauce over chicken strips.
5. Mix to coat the chicken with sauce and spread the coated strips evenly in the pan.
6. Bake uncovered for 20-25 minutes, stirring halfway through cooking time.
7. Combine the rice and water. Steam until the rice is tender and the liquid is absorbed.
4. To serve, place 1/2 cup rice then topped with 1/3 cup (#12 scoop) chicken in dish/boat. Offer chips with serving.

Updated 1.6.26

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	307.06
<b>Fat</b>	5.67g
<b>Saturated Fat</b>	1.19g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	83.43mg
<b>Sodium</b>	393.31mg
<b>Carbohydrates</b>	43.15g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	7.15g
<b>Added Sugar</b>	10.73g
<b>Protein</b>	21.88g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 5.00mg	<b>Iron</b> 1.86mg

## Nutrition - Per 100g

<b>Calories</b>	378.67
<b>Fat</b>	6.99g
<b>Saturated Fat</b>	1.47g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	102.88mg
<b>Sodium</b>	485.02mg
<b>Carbohydrates</b>	53.21g
<b>Fiber</b>	1.23g
<b>Total Sugar</b>	8.82g
<b>Added Sugar</b>	13.23g
<b>Protein</b>	26.98g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 6.17mg	<b>Iron</b> 2.29mg