

Sweet and Sour Chicken

Product Information

W code: W231
 Yang's 5th Taste: #8-52724-15551-7
 Serving/case: 192
 Net Weight: 43.5 lbs.

Crediting Information per Serving:

Serving Size: 3.6 oz.
 Meat or M/A: 2.0 oz. eq.
 Grain: NA
 Vegetables: NA
 Fruit: NA
 CN Label: Yes*
 *Obtain from product package

Nutrition Facts

Serving Size: 3.6 oz.

Amount Per Serving

Calories 140 Calories from Fat 27

Total Fat 3 g

Sat. Fat 0.5 g

Trans Fat 0 g

Cholesterol 40 mg

Sodium 200 mg

Carbohydrates 18 g

Dietary Fiber 0 g

Sugars 9 g

Protein 11 g

Vitamin A 0%

Calcium 0%

Vitamin C 6%

Iron 4%

Preparation Instructions:

Place a single layer of chicken on baking sheet. Heat at 400 F for 16-20 minutes or until golden brown, and internal temperature reaches 165 F. 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.

Shelf life-one year frozen.

Ingredients:

Chicken: Dark meat chicken chunks, water, cornstarch, white whole grain flour, soybean oil, liquid whole eggs, salt, white pepper powder, garlic, ginger and green onion.

Sauce: water, sugar, ketchup (water, tomato paste, vinegar, sugar, brown sugar salt, garlic powder, onion powder, spices, mustard, natural flavor), vinegar, modified starch, lemon juice, cranberry sauce (cranberry, sugar, water), chili pepper, garlic ginger, and green onion.

Contains: egg products, soy, wheat, and citrus.