

General Tso's Chicken Bowl

Product Information



W code: W218
 Yang's: #8-
 52724-
 1669-8
 Serving/case: 36
 Net Weight: 20.25 lb

Crediting Information per Serving:

Serving Size: 1 container (9oz)
 Meat or M/A: 2 oz eq
 Grain: 2 oz
 Vegetables: -
 Fruit: -
 CN Label: Yes*
 *Obtain from product package

Nutrition Facts

Serving Size: 1 container (9 oz)

Amount Per Serving	
Calories 400	Calories from Fat
Total Fat 3.5g	
Sat. Fat 0.7g	
Trans Fat 0g	
Cholesterol 40mg	
Sodium 360mg	
Carbohydrates 72g	
Dietary Fiber 1g	
Sugars 13g	
Protein 16g	
Vitamin D	0%
Calcium	6%
Iron	10%
Potassium	4%

Preparation Instructions:

Oven - Preheat oven to 350 degrees. Puncture film 3-4 times and place bowls on a baking sheet. Heating time from frozen is 13-15 minutes or until hot. Heating time from thawed is approximately 13 minutes or until hot. Oven times will vary. Let stand for 1-2 minutes. Carefully remove film to avoid steam burns.

Microwave Oven - Puncture film 3-4 times. Cook on high for 5-6 minutes or until hot. Microwave times will vary. Let stand for 1-2 minutes. Carefully remove film to avoid steam burns.

Ingredients:

Chicken: Dark meat chicken chunks, water, cornstarch, white whole wheat flour, liquid whole eggs, soybean oil, salt, white pepper powder, garlic, ginger, and green onion. Sauce: Sugar, water, white distilled vinegar, soy sauce (water, soybeans, salt, sugar, wheat flour, extract of mushroom), modified food starch, chili pepper, chili powder, orange peel powder, garlic, ginger and green onion. Rice: Parboiled enriched long grain steamed white rice

CONTAINS: EGG PRODUCTS, SOY, WHEAT, AND CITRUS