

Ling's Chef Ready Asian Cuisine
South El Monte, CA 91733
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Ling's
Item # 8-52724-00071-8
Fully Cooked Sweet & Sour Chicken
2/5lb. Chicken
2/32 oz. Sauce

-Product Analysis-

Minimum Total Weight Cooked Chicken 2oz

Minimum Total Weight serving size is 2.8 oz without sauce
 Minimum Chicken 2.0 oz
 Minimum Breeding .8 oz

This 4.0 ounce serving provides 2 meat/meat Alternate for the Child Nutrition Meal Pattern requirements according to the Food Buying Guide for Child Nutrition Programs.

Recommended Serving Size: 4.0 oz = 2.8 oz. battered chicken and 1.2 oz sauce
Servings per case: 50-57

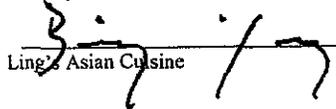
Ingredients:

Boneless, skinless chicken leg meat, flour (bleached wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), cornstarch, water, whole eggs, white pepper, soy beans, wheat flour, salt, straw mushroom extractives, sugar, vinegar, mandarin orange juice, dry chili, garlic, ginger, green onion, mandarin orange peel, white pepper salt, mirin fu, water, modified starch.

Ingredients for Sweet & Sour Sauce:

Sugar, tomato ketchup, white vinegar, salt, ginger, garlic, green onion, lemon juice, water, modified starch.

I Certify That This Information Is True And Correct


 Ling's Asian Cuisine

1-8-08

Date

NUTRITION FACTS

Nutrition facts =1 cup (175g) 6.17 oz-wt

Amount Per Cup

Calories 270 **Calories from Fat 45**

 %Daily Value

Total Fat 5g	8%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 55mg	18%
Sodium 320mg	11%
Total Carbohydrate 37g	5%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 19g	

Vitamin A 0%	-	Vitamin C 0%
Calcium 0%	-	Iron 2%

Percent Daily Values are based on a 2000 Calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9=Carbohydrate 4 Protein 4

Heating Instructions:

Preheat oven for 10 minutes at 350 Bake for 18-20 minutes or until internal temperature reaches 160 degrees. Heat sauce in steamer, boil in bag, or microwave. Pour sauce over cooked chicken and mix so that sauce evenly covers all chicken pieces. Serve with chow mein or rice.

Shelf Life: 1 year frozen

Sweet & Sour Chicken --4.0 oz = 2
 M/M/A---\$0.55 per serving

Ling's

Heating Instructions

Orange Chicken, Kung Pao Chicken, Lemon Grass Chicken, Sweet & Sour Chicken, Sweet & Sour Pork:

Convection Oven:

BREADED CHICKEN - Lightly spray a vegetable release onto baking pan. Place a single layer of chicken nuggets on pan and spread evenly. Place in pre-heated oven @ 400 degrees for approximately 10-14 minutes. Check internal temperature and make sure it reaches 165 degrees. Remove from oven and hold in a hot cart prior to serving.

SAUCE & VEGETABLE BAGS – You can low boil (hot water but not boiling), microwave, or steam your sauce & vegetable bags. It's important to note that you only need to warm your sauces and vegetables.

MIXING & PREPARATION – Approximately 20 minutes before serving, mix your cooked chicken with sauce and vegetables in large hotel pan. Mix thoroughly and place back into hot cart until ready to serve. NOTE: For best results Do Not add sauce and vegetables to chicken until just prior to serving. This prevents your chicken nuggets from becoming soggy.

Teriyaki Chicken, Spicy Sichuan Chicken:

Convection Oven:

UNBREADED CHICKEN & SAUCE – Thaw chicken and sauce for faster cooking times. Place chicken and sauce directly into large hotel pan and cover with aluminum foil. Place pan into pre-heated oven @ 300 degrees and cook for approximately 30-40 minutes stirring occasionally to prevent sauce from burning onto bottom of pan. Check internal temperature of chicken and make sure it reaches 165 degrees before removing from oven. If not serving immediately, place in hot cart and hold until served.

Steam or Boiling:

UNBREADED CHICKEN & SAUCE – Thaw chicken and sauce bags for faster cooking times. Place chicken bags and sauce bags into either hot water (make sure water is not boiling) or steamer and heat for *approximately* 10-15 minutes in steamer, or 15-20 minutes in hot water. As a precaution, when using a steamer, place chicken and sauce bags in a hotel pan in case of leakage. When fully heated empty contents of chicken and sauce into hotels pans and mix thoroughly. Cover and place in hot cart until ready to serve.

Chow Mein:

Convection Oven:

NOODLES & SAUCE – Thaw completely. Remove pasta from bags and place into hotel pan with sauce. Place pan into pre-heated oven @ 250 degrees and cover with aluminum foil. Stirring occasionally, bake until warm. Add carrots, onion, cabbage or celery to enhance product if desired. Place in hot cart until served.

Steam or Boiling:

NOODLES & SAUCE – Thaw completely. For steamer, place unopened bags of pasta and sauce directly into hotel pan and place in steamer for 3-6 minutes. Make sure pasta is warm prior to removing from steamer. Open bags and mix noodles and sauce thoroughly. Cover, and hold in hot cart until served. Add vegetables if desired.

LOW BOIL – Thaw completely. Place pasta and sauce bags directly into hot water (make sure water is not boiling). Heat for approximately 10-15 minutes. Empty contents of pasta and sauce into a hotel pan and mix thoroughly. Cover and hold in hot cart until served.