

Product Code Number	Product Description	Case Weight (lbs)	Serving Size (oz)	Portions per Serving	Svgs per Case	Calories	Calories From Fat	% Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (% DV)	Vitamin C (% DV)	Calcium (% DV)	Iron (%DV)	CN Number (if applicable)	Meat/MA Credit	Veg Credit	Bread Svgs Credit
72001WG	Tangerine Chicken Whole Grain	42.9	3.9	1	176	190	35	19%	4	1	0	45	380	25	2	13	14	0	0	0	8	CN Equiv. on File	2		0.5
72003WG	General Tso's Chicken Whole Grain	42.9	3.9	1	176	200	40	20%	4	1	0	45	510	26	2	14	14	0	0	0	8	CN Equiv. on File	2		0.5
72005WG	Japanese Cherry Blossom Chicken WG	42.9	3.9	1	176	200	35	18%	4	1	0	45	350	27	2	14	13	0	4	0	7	CN Equiv. on File	2		0.5
72010WG	Lemongrass Chicken Whole Grain	42.9	3.9	1	176	190	35	19%	4	1	0	45	320	24	1	11	13	0	0	0	8	CN Equiv. on File	2		0.5
72013WG	Sriracha Honey Chicken Whole Grain	42.9	3.9	1	176	210	60	29%	7	1	0	50	440	25	2	13	12	0	0	2	6	CN Equiv. on File	2		0.5
73001	Teriyaki Chicken	42.9	2.85	1	240	146	20	14%	2.5	1	0	53	414	14	0	14	15	2	0	2	6	CN Equiv. on File	2		
73002	New Orleans Cajun Chicken	42.9	2.85	1	240	146	20	14%	2.5	1	0	53	414	14	0	14	15	0	0	0	6	CN Equiv. on File	2		
73003	Spicy Chicken	42.9	2.85	1	240	110	20	19%	2.5	1	0	53	378	5	0	4	15	0	0	0	6	CN Equiv. on File	2		
73004	Thai Sweet Chili Chicken	42.9	2.85	1	240	120	20	17%	2	0.5	0	45	330	15	0	11	11	0	0	0	4	CN Equiv. on File	2		
73005	Teriyaki Chicken Gluten Free	28.6	2.85	1	160	150	35	24%	4	1	0	63	370	14	0	14	14	0	0	1	5	CN Equiv. on File	2		
80001	Bombay Curry Chicken	20.15	3.08	1	104	100	35	35%	4	0.5	0	45	280	4	1	2	13	2	2	0	8	CN Equiv. on File	2		

For additional product information visit http://dese.mo.gov/divadm/food/Nutritional_Facts_Index.html
[Asian Food Solutions](#)

Tangerine Chicken

#72001 Whole Grain



Whole grain battered chicken chunks tossed with a sweet and tangy sauce.

Nutrition Facts

Serving Size 3.9oz (110g)
Servings Per Container about 176

Amount Per Serving	
Calories 190	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 380mg	16%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 14g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

(176) 3.9 oz servings per case. 42.9 lb Net Wt.
(6) 5 lb chicken & (6) 2.15 lb sauce.
Case Information: Item# 72001
Case L x W x H: 16.32" x 14.06" x 10.63"
Cube: 1.41 Tl x Hl: 8x6 Gr. Cs Wt: 45.12 lb
Shelf Life: Frozen 12 months at 0°F +/- 10°F

INGREDIENTS: NO MSG ADDED, ZERO GRAMS TRANS FAT PER SERVING

Diced Chicken Leg Meat, Water, Sodium Phosphates. **BATTERED AND BREADED WITH:** Whole Wheat Flour, Water, Corn Starch, Salt, Modified Corn Starch, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Dextrose, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Garlic Powder, Onion Powder, Spices, Extractives Of Paprika, Spice Extractives. **PREDUSTED WITH:** Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Wheat Gluten, Dried Egg Whites, Salt, Sodium Acid Pyrophosphate, Leavening (Sodium Bicarbonate), Extractives of Paprika. **TANGERINE SAUCE:** Water, Brown Sugar, Distilled White Vinegar, Soy Sauce (Water, Soybeans, Salt, Wheat Flour), Contains Less Than 2% Of Tangerine Juice Concentrate, Spices, Garlic, Crushed Chili Peppers, Yeast Extract, Citric Acid, Modified Corn Starch, Cultured Dextrose, Maltodextrin, Xanthan Gum.

CONTAINS: EGGS, SOY, WHEAT

BASIC HEATING INSTRUCTIONS:

Per (1) 5 lb bag of breaded chicken pieces & (1) 2.15 lb bag of sauce

BREADED CHICKEN PIECES

Convection/Conventional oven (Best)

Pre-heat oven to 350°F/400°F. Spread chicken pieces evenly on a sheet pan with parchment paper. Bake frozen in oven for 40-45 minutes until golden brown and crispy.

SAUCE IN BAG (product must be thawed)

Boil in Bag/Steamer (Best)

Place entire sauce in bag into hot boiling water or steamer for 10-12 minutes or until content is 165°F.

Microwave (Good)

Place entire sauce in bag into microwave for 3 minutes or until content is 165°F.

SERVING

Equipment and times may vary. Use thermometer to ensure food temperature is 165°F or above. Place hot chicken in a serving pan. Pour hot sauce over chicken. Gently combine chicken with sauce and serve. #12 scoop is recommended. Portioning size may vary by individual practice.



Asian Food Solutions, Inc.

For more information contact:

info@asianfoodsolutions.com

Bombay Curry Chicken #80001



Marinated chicken in a sweet and mild Curry Sauce

Nutrition Facts

Serving Size 3.08oz (87g)
Servings Per Container about 104

Amount Per Serving		% Daily Value*	
Calories	100	Calories from Fat	35
Total Fat	4g		6%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	45mg		15%
Sodium	280mg		12%
Total Carbohydrate	4g		1%
Dietary Fiber	1g		2%
Sugars	2g		
Protein	13g		
Vitamin A	2%	Vitamin C	2%
Calcium	0%	Iron	8%

* Percent Daily Values are based on a 2,000 calorie diet.

(104) 3.08oz Servings per case
(4) 5.04lb bag 20.15lbs Net Wt.
Case Information: Item# 80001
Case L x W x H: 16" x 11.8" x 8.875"
Cube: .97ft T1 x H1:10x7 Gr. Cs Wt: 21.64lbs
Shelf Life: Frozen 12 months at 0°F +/- 10°F

INGREDIENTS: NO MSG ADDED, ZERO GRAMS TRANS FAT PER SERVING

FULLY COOKED CHICKEN LEG MEAT, SWEET CURRY SAUCE (WATER, ONIONS, TOMATO PASTE, CANOLA OIL, SUGAR, SPICES, GINGER, GARLIC, SALT, TURMERIC, CITRIC ACID, DRIED FENUGREEK LEAVES), WATER, CONTAINS 2% OR LESS OF: ISOLATED SOY PROTEIN, MARINADE (WATER, SOY SAUCE [WATER, SOYBEANS, SALT, WHEAT FLOUR], SUGAR, SALT, CARAMEL COLOR, MOLASSES, YEAST EXTRACT, XANTHAN GUM, LACTIC ACID, NATURAL FLAVOR, SEASONING (SUGAR, PEPPER, MUSTARD SEEDS, CELERY SEEDS, GARLIC, WHEAT FLOUR, FRUCTOSE, XANTHAN GUM, THYME, BASIL, MALTODEXTRIN, AUTOLYZED YEAST EXTRACT, SOYBEAN OIL, SALT), AUTOLYZED YEAST, POTASSIUM CHLORIDE, POTASSIUM PHOSPHATE, SODIUM PHOSPHATE.

CONTAINS: SOY AND WHEAT

BASIC HEATING INSTRUCTIONS:

Per (1) 5 lb bag of chicken with sauce

Convection/Conventional oven (best)

Pre-heat oven to 350°F/400° F. Placed chicken with sauce in a 4" deep pan and cover with foil. Bake in oven for 20-25 minutes until it reaches 165°F. Reduce time by 6-8 minutes if product is thawed. Remove foil during last 5 minutes of cooking time.

Skillet/Pan Fry (good)

(product must be thawed)

Place thawed chicken with sauce in a skillet or frying pan. Heat contents to a minimum of 165° F for at least 15 seconds.

SERVING

Equipment and times may vary. Use thermometer to ensure food temperature is 165°F or above. Place cooked chicken with sauce in a serving pan. Mix well then serve. #12 scoop is recommended. Portioning size may vary by individual practice.



Asian Food Solutions, Inc.

For more information contact:
info@asianfoodsolutions.com

CN = 2 M/MA

Teriyaki Chicken Gluten Free #73005



Fully cooked chicken strips caramelized
with our gluten free Teriyaki sauce

Nutrition Facts

Serving Size 2.85oz (80.79g)
Servings Per Container about 160

Amount Per Serving

Calories 150 Calories from Fat 35

% Daily Value*

Total Fat 4g	5%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 63mg	18%
Sodium 370mg	17%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 14g	
Vitamin A 0% • Vitamin C 0%	
Calcium 1% • Iron 5%	

* Percent Daily Values are based on a 2,000 calorie diet.

(160) 2.85 oz servings per case,
(4) 7.15 lb bag. 28.6 lb Net Wt.
Case Information: Item# 73005
Case L x W x H: 16.6875" x 11.9375" x 12.0625"
Cube: 1.3906 TI x HI:8x6 Gr. Cs Wt: 30.14 lb
Shelf Life: Frozen 12 months at 0°F +/- 10°F

INGREDIENTS: NO MSG ADDED, ZERO GRAMS TRANS FAT PER SERVING

Chicken Leg Meat, **GLUTEN-FREE TERIYAKI SAUCE** (Sugar, Water, Soybeans, Salt, Contains Less Than 2% of Modified Corn Starch, Molasses, Yeast Extract, Caramel Color, Sesame Oil, Xanthan Gum, Lactic Acid), Water, Isolated Soy Protein (With Less Than 2% Lecithin), Seasoning (Water, Salt, Sugar, Soybeans, Caramel Color, Contains Less Than 2% of Molasses, Yeast Extract, Xanthan Gum, Lactic Acid, Natural Flavor), Seasoning (Sugar, Black Pepper, Ground Mustard Seed, Ground Celery Seed, Garlic Powder, Fructose, Xanthan Gum, Thyme, Basil, Maltodextrin, Autolyzed Yeast Extract, Soybean Oil, Salt), Sodium Phosphates, Yeast Extract.

CONTAINS: SOY

BASIC HEATING INSTRUCTIONS:

Per (1) 7.15 lb bag of chicken with sauce

Convection/Conventional oven (best)

Pre-heat oven to 350°F/400° F. Place chicken with sauce on a sheet pan. Bake in oven for 20-25 minutes until product reaches 165°F and sauce is caramelized. Reduce time by 6 - 8 minutes if product is thawed.

Skillet/Pan Fry (good)

(product must be thawed)

Place thawed chicken with sauce in a skillet or frying pan. Heat contents to a minimum of 165° F for at least 15 seconds and until sauce is caramelized.

SERVING

Equipment and times may vary. Use thermometer to ensure food temperature is 165°F or above. Place cooked chicken with sauce in a serving pan. Mix well then serve. #12 scoop is recommended. Portioning size may vary by individual practice .



CN Equivalency = 2 M/MA

Asian Food Solutions, Inc.

For more information contact:
info@asianfoodsolutions.com

Spicy Chicken

#73003



Tender strips of seasoned chicken in our unique spicy ginger and garlic sauce

Nutrition Facts

Serving Size 2.85oz (80.79g)
Servings Per Container about 240

Amount Per Serving

Calories 110 Calories from Fat 20

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 1g 3%

Trans Fat 0g

Cholesterol 53mg 15%

Sodium 378mg 19%

Total Carbohydrate 5g 2%

Dietary Fiber 0g 0%

Sugars 4g

Protein 15g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

(240) 2.85 oz servings per case,
(6) 7.15 lb bag. 42.9 lb Net Wt.
Case Information: Item# 73003
Case L x W x H: 16.31" x 14.06" x 12.63"
Cube: 1.68 TI x HI:8x6 Gr. Cs Wt: 45.12 lb
Shelf Life: Frozen 12 months at 0°F +/- 10°F

INGREDIENTS: NO MSG ADDED, ZERO GRAMS TRANS FAT PER SERVING

Chicken Leg Meat, **SPICY SAUCE** [Water, Soy Sauce (Water, Soybeans, Salt, Wheat Flour), Sugar, Brown Sugar, Modified Corn Starch, Contains Less Than 2% of Yeast Extract, Caramel Color, Lactic Acid, Garlic, Spices, Chili Peppers, Chicken Broth, Xanthan Gum, Cultured Dextrose, Maltodextrin], Water, Isolated Soy Protein (With Less Than 2% Lecithin), Seasoning [Water, Soy Sauce (Water, Soybeans, Salt, Wheat Flour), Sugar, Salt, Caramel Color, Contains Less Than 2% of Molasses, Yeast Extract, Xanthan Gum, Lactic Acid, and Natural Flavor], Seasoning (Sugar, Pepper, Mustard Seeds, Celery Seeds, Garlic, Wheat Flour, Fructose, Xanthan Gum, Thyme, Basil, Maltodextrin, Autolyzed Yeast Extract, Soybean Oil, Salt), Sodium Phosphates, Yeast Extract.

CONTAINS: SOY AND WHEAT.

BASIC HEATING INSTRUCTIONS:

Per (1) 7.15 lb bag of chicken with sauce

Convection/Conventional oven (best)

Pre-heat oven to 350°F/400° F. Place chicken with sauce on a sheet pan. Bake in oven for 20-25 minutes until product reaches 165°F and sauce is caramelized. Reduce time by 6 - 8 minutes if product is thawed.

Skillet/Pan Fry (good)

(product must be thawed)

Place thawed chicken with sauce in a skillet or frying pan. Heat contents to a minimum of 165° F for at least 15 seconds and until sauce is caramelized.

SERVING

Equipment and times may vary. Use thermometer to ensure food temperature is 165°F or above. Place cooked chicken with sauce in a serving pan. Mix well then serve. #12 scoop is recommended. Portioning size may vary by individual practice.



Asian Food Solutions, Inc.

For more information contact:
info@asianfoodsolutions.com
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CN Equivalency = 2 M/MA

New Orleans/ Mandarin Chicken #73002



Grilled marinated chicken strips covered in our sweet savory sauce

Nutrition Facts

Serving Size 2.85oz (80.79g)
Servings Per Container about 240

Amount Per Serving		% Daily Value*	
Calories	146	Calories from Fat	20
Total Fat	2.5g		3%
Saturated Fat	1g		3%
Trans Fat	0g		
Cholesterol	53mg		15%
Sodium	414mg		19%
Total Carbohydrate	14g		5%
Dietary Fiber	0g		0%
Sugars	14g		
Protein	15g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	6%

* Percent Daily Values are based on a 2,000 calorie diet.

(240) 2.85 oz servings per case,
(6) 7.15 lb bags. 42.9lb Net Wt.
Case Information: Item# 73002
Case L x W x H: 16.31" x 14.06" x 12.63"
Cube: 1.68 TI x HI:8x6 Gr. Cs Wt: 45.12 lb
Shelf Life: Frozen 12 months at 0°F +/- 10°F

INGREDIENTS: NO MSG ADDED, ZERO GRAMS TRANS FAT PER SERVING

Chicken Leg Meat, **NEW ORLEANS SAUCE** [Sugar, Water, Brown Sugar, Salt (Salt, Sea Salt), Contains Less Than 2% Of Soybeans, Wheat Flour, Modified Corn Starch, Yeast Extract, Caramel Color, Sesame Paste, Garlic, Xanthan Gum, Chili Peppers, Spices, Cultured Dextrose, Maltodextrin], Water, Isolated Soy Protein (With Less Than 2% Lecithin), Seasoning [Water, Soy Sauce [Water, Soybeans, Salt, Wheat Flour, Sugar, Salt, Caramel Color, Contains Less Than 2% Of Molasses, Yeast Extract, Xanthan Gum, Lactic Acid, Natural Flavor, Seasoning (Sugar, Pepper, Mustard Seeds, Celery Seeds, Garlic, Wheat Flour, Fructose, Xanthan Gum, Thyme, Basil, Maltodextrin, Autolyzed Yeast Extract, Soybean Oil, Salt), Sodium Phosphates, Yeast Extract.

CONTAINS: SOY AND WHEAT.

BASIC HEATING INSTRUCTIONS:

Per (1) 7.15 lb bag of chicken with sauce

Convection/Conventional oven (best)

Pre-heat oven to 350°F/400° F. Place chicken with sauce on a sheet pan. Bake in oven for 20-25 minutes until product reaches 165°F and sauce is caramelized. Reduce time by 6 - 8 minutes if product is thawed.

Skillet/Pan Fry (good)

(product must be thawed)

Place thawed chicken with sauce in a skillet or frying pan. Heat contents to a minimum of 165° F for at least 15 seconds and until sauce is caramelized.

SERVING

Equipment and times may vary. Use thermometer to ensure food temperature is 165°F or above. Place cooked chicken with sauce in a serving pan. Mix well then serve. #12 scoop is recommended. Portioning size may vary by individual practice.



Asian Food Solutions, Inc.

For more information contact:
info@asianfoodsolutions.com
www.asianfoodsolutions.com

CN Equivalency = 2 M/MA

Teriyaki Chicken

#73001



Tender chicken strips caramelized with our popular teriyaki sauce

Nutrition Facts

Serving Size 2.85oz (80.79g)
Servings Per Container about 240

Amount Per Serving

Calories 146 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 53mg **15%**

Sodium 414mg **19%**

Total Carbohydrate 14g **5%**

Dietary Fiber 0g **0%**

Sugars 14g

Protein 15g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

(240) 2.85 oz servings per case,

(6) 7.15 lb bag. 42.9 lb Net Wt.

Case Information: Item# 73001

Case L x W x H: 16.32" x 14.06" x 12.63"

Cube: 1.68 Tl x Hl: 8x6 Gr. Cs Wt: 45.12 lb

Shelf Life: Frozen 12 months at 0°F +/- 10°F

INGREDIENTS: NO MSG ADDED, ZERO GRAMS TRANS FAT PER SERVING

Chicken Leg Meat, **TERIYAKI SAUCE:** [Sugar, Water, Brown Sugar, Soy Sauce (Water, Soybeans, Salt, Wheat Flour), Contains Less Than 2% of Modified Corn Starch, Sea Salt, Yeast Extract, Caramel Color, Sesame Oil, Sesame Seeds, Xanthan Gum, Lactic Acid, Natural Flavor], Water, Isolated Soy Protein (With Less Than 2% Lecithin), Seasoning [Water, Soy Sauce (Water, Soybeans, Salt, Wheat Flour), Sugar, Salt, Caramel Color, Contains Less Than 2% of Molasses, Yeast Extract, Xanthan Gum, Lactic Acid, Natural Flavor], Seasoning (Sugar, Pepper, Mustard Seeds, Celery Seeds, Garlic, Wheat Flour, Fructose, Xanthan Gum, Thyme, Basil, Maltodextrin, Autolyzed Yeast Extract, Soybean Oil, Salt), Sodium Phosphates, Yeast Extract.

CONTAINS: SOY AND WHEAT.

BASIC HEATING INSTRUCTIONS:

Per (1) 7.15 lb bag of chicken with sauce

Convection/Conventional oven (best)

Pre-heat oven to 350°F/400° F. Place chicken with sauce on a sheet pan. Bake in oven for 20-25 minutes until product reaches 165°F and sauce is caramelized. Reduce time by 6 - 8 minutes if product is thawed.

Skillet/Pan Fry (good) (product must be thawed)

Place thawed chicken with sauce in a skillet or frying pan. Heat contents to a minimum of 165° F for at least 15 seconds and until sauce is caramelized.

SERVING

Equipment and times may vary. Use thermometer to ensure food temperature is 165°F or above. Place cooked chicken with sauce in a serving pan. Mix well then serve. #12 scoop is recommended. Portioning size may vary by individual practice .



Asian Food Solutions, Inc.

For more information contact:

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www.asianfoodsolutions.com



Item # 72013 Sriracha Honey Chicken – Green Dragon Brand

Description: Green Dragon Fully Cooked Whole Grain Breaded Diced Chicken Leg Meat with Sriracha Honey Sauce
Pack: 6 - 5 lb bags of chicken and 6 - 2.15 lb pouches of sauce per case.
Serving Size: 3.90 oz
Number of Portions per case: 176
Case Cube: 1.63
Case Weight: 42.9 LB Net
Case Dim: 16.687" x 12.687" x 12"
Pallet Pattern: 8 Ti x 6 Hi
Shelf Life: 365 days @ 0° F
GTIN: 00856235005415
Basic Heating Instructions:

CHICKEN PIECES: Convection/conventional oven– Preheat oven to 350 deg. F /400°F, Spread chicken pieces evenly on a sheet pan. Bake frozen pieces in oven for 40-50 minutes until crispy and golden brown.

SAUCE IN BAG: (thaw content before preparation)
 Skillet /Pot (Best) - Pour sauce into pot or skillet and reheat for 2-3 minutes until boiling hot.
 Boil in bag (Good) – Place entire sauce in bag into hot boiling water/steamer for 10-12 minutes or until content is hot.

SERVING: Make sure food temperature is 165°F or above. Place hot chicken in a serving pan. Pour hot sauce over chicken, toss contents together then serve.

CN Equivalency = 2 M/MA & 0.5 G

INGREDIENT STATEMENT:

Diced Chicken Leg Meat, Water, Sodium Phosphates. BATTERED AND BREADED WITH: Whole Wheat Flour, Water, Corn Starch, Salt, Modified Corn Starch, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Dextrose, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Garlic Powder, Onion Powder, Spices, Extractives Of Paprika, Spice Extractives. PREDUSTED WITH: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Wheat Gluten, Dried Egg Whites, Salt, Sodium Acid Pyrophosphate, Leavening (Sodium Bicarbonate), Extractives Of Paprika. **Contains: Wheat, Egg**

SRIRACHA HONEY SAUCE INGREDIENTS: WATER, SUGAR, CHILI PEPPERS, MALTODEXTRIN, GARLIC, DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF HONEY, ORANGE JUICE CONCENTRATE, SALT, MODIFIED CORN STARCH, XANTHAN GUM, CITRIC ACID, AND NATURAL FLAVOR.

Nutrition Facts	
Serving Size 3.9oz (111g)	
Servings Per Container 176	
Amount Per Serving	
Calories 210	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 440mg	18%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 12g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Item # 72010 Lemongrass Chicken – Green Dragon Brand

Description: Green Dragon Fully Cooked Whole Grain Breaded Diced Chicken Leg Meat with Lemongrass Sauce

Pack: 6 - 5 lb bags of chicken and 6 - 2.15 lb pouches of sauce per case.

Serving Size: 3.90 oz

Number of Portions per case: 176

Case Cube: 1.63

Case Weight: 42.9 LB Net

Case Dim: 16.687" x 12.687" x 12"

Pallet Pattern: 8 Ti x 6 Hi

Shelf Life: 365 days @ 0° F

GTIN: 00856235005040

Basic Heating Instructions:

CHICKEN PIECES: Convection/conventional oven– Preheat oven to 350 deg. F /400°F, Spread chicken pieces evenly on a sheet pan. Bake frozen pieces in oven for 40-50 minutes until crispy and golden brown.

SAUCE IN BAG: (thaw content before preparation)

Skillet /Pot (Best) - Pour sauce into pot or skillet and reheat for 2-3 minutes until boiling hot.

Boil in bag (Good) – Place entire sauce in bag into hot boiling water/steamer for 10-12 minutes or until content is hot.

SERVING: Make sure food temperature is 165°F or above. Place hot chicken in a serving pan. Pour hot sauce over chicken, toss contents together then serve.

CN Equivalency = 2 M/MA & 0.5 G

INGREDIENT STATEMENT:

Diced Chicken Leg Meat, Water, Sodium Phosphates. BATTERED AND BREADED WITH: Whole Wheat Flour, Water, Corn Starch, Salt, Modified Corn Starch, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Dextrose, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Garlic Powder, Onion Powder, Spices, Extractives Of Paprika, Spice Extractives. PREDUSTED WITH: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Wheat Gluten, Dried Egg Whites, Salt, Sodium Acid Pyrophosphate, Leavening (Sodium Bicarbonate), Extractives Of Paprika. **Contains: Wheat, Egg**

LEMONGRASS SAUCE INGREDIENTS: Water, Sugar, White Distilled Vinegar, Modified Corn Starch, Lemon Juice Concentrate, Contains less than 2% of Lemongrass, Spices, Salt, Garlic Powder, Sodium Citrate, Xanthan Gum, Canola Oil and Natural Flavors.

Nutrition Facts	
Serving Size 1 portion (111.00g/3.9oz)	
Amount Per Serving	
Calories 190	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 320mg	13%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	5%
Sugars 11g	
Protein 13g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet.	

Japanese Cherry Blossom Chicken #72005 Whole Grain



Whole grain battered chicken chunks tossed with a sweet and sour cherry sauce.

Nutrition Facts	
Serving Size 3.9oz (110g)	
Servings Per Container about 176	
Amount Per Serving	
Calories 200	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 350mg	15%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 13g	
Vitamin A 0%	Vitamin C 4%
Calcium 0%	Iron 7%

* Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: NO MSG ADDED, ZERO GRAMS TRANS FAT PER SERVING

Diced Chicken Leg Meat, Water, Sodium Phosphates. **BATTERED AND BREADED WITH:** Whole Wheat Flour, Water, Corn Starch, Salt, Modified Corn Starch, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Dextrose, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Garlic Powder, Onion Powder, Spices, Extractives Of Paprika, Spice Extractives. **PREDUSTED WITH:** Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Wheat Gluten, Dried Egg Whites, Salt, Sodium Acid Pyrophosphate, Leavening (Sodium Bicarbonate), Extractives of Paprika. **CHERRY BLOSSOM SAUCE:** Water, Sugar, Distilled White Vinegar, Tomato Paste, Modified Corn Starch, Contains less than 2% Cherry Juice Concentrate, Orange Juice Concentrate, Salt, Maltodextrin, Cultured Dextrose, Citric Acid, Paprika, Sodium Citrate, Xanthan Gum, and Natural Flavor.

CONTAINS: WHEAT AND EGGS

BASIC HEATING INSTRUCTIONS:
Per (1) 5 lb bag of breaded chicken pieces & (1) 2.15 lb bag of sauce

BREADED CHICKEN PIECES
Convection/Conventional oven (Best)
Pre-heat oven to 350°F/400°F. Spread chicken pieces evenly on a sheet pan with parchment paper. Bake frozen in oven for 40-45 minutes until golden brown and crispy.

SAUCE IN BAG (product must be thawed)
Boil in Bag/Steamer (Best)
Place entire sauce in bag into hot boiling water or steamer for 10-12 minutes or until content is 165°F.
Microwave (Good)
Place entire sauce in bag into microwave for 3 minutes or until content is 165°F.

(176) 3.9 oz servings per case. 42.9 lb Net Wt.
(6) 5 lb chicken & (6) 2.15 lb sauce.
Case Information: Item# 72005
Case L x W x H: 16.32" x 14.06" x 10.63"
Cube: 1.41 Tl x Hl: 8x6 Gr. Cs Wt: 45.12 lb
Shelf Life: Frozen 12 months at 0°F +/- 10°F

SERVING
Equipment and times may vary. Use thermometer to ensure food temperature is 165°F or above. Place hot chicken in a serving pan. Pour hot sauce over chicken. Gently combine chicken with sauce and serve. #12 scoop is recommended. Portioning size may vary by individual practice.



Asian Food Solutions, Inc.
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General Tso's Chicken

#72003 Whole Grain



Whole grain battered chicken chunks tossed with a sweet and spicy sauce.

Nutrition Facts

Serving Size 3.9oz (110g)
Servings Per Container about 176

Amount Per Serving	
Calories 200	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 510mg	21%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 14g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

(176) 3.9 oz servings per case. 42.9 lb Net Wt.
(6) 5 lb chicken & (6) 2.15 lb sauce.
Case Information: Item# 72003
Case L x W x H: 16.32" x 14.06" x 10.63"
Cube: 1.68 TI x HI:8x6 Gr. Cs Wt: 45.12 lb
Shelf Life: Frozen 12 months at 0°F +/- 10°F

INGREDIENTS: NO MSG ADDED, ZERO GRAMS TRANS FAT PER SERVING

Diced Chicken Leg Meat, Water, Sodium Phosphates. **BATTERED AND BREADED WITH:** Whole Wheat Flour, Water, Corn Starch, Salt, Modified Corn Starch, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Dextrose, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Garlic Powder, Onion Powder, Spices, Extractives Of Paprika, Spice Extractives. **PREDUSTED WITH:** Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Wheat Gluten, Dried Egg Whites, Salt, Sodium Acid Pyrophosphate, Leavening (Sodium Bicarbonate), Extractives of Paprika. **GENERAL TSO'S SAUCE:** Sugar, Water, Soy Sauce (Water, Soybeans, Salt, Wheat Flour), White Distilled Vinegar, Contains Less Than 2% Of Modified Corn Starch, Onion Powder, Garlic Powder, Sesame Seeds, Chili Peppers, Spices, Sesame Oil, Safflower Oil, Citric Acid, Sodium Citrate, Xanthan Gum, Cultured Dextrose, Natural Flavors (Milk).

CONTAINS: WHEAT, EGGS, MILK AND SOY.

BASIC HEATING INSTRUCTIONS:

Per (1) 5 lb bag of breaded chicken pieces & (1) 2.15 lb bag of sauce

BREADED CHICKEN PIECES

Convection/Conventional oven (Best)

Pre-heat oven to 350°F/400°F. Spread chicken pieces evenly on a sheet pan with parchment paper. Bake frozen in oven for 40-45 minutes until golden brown and crispy.

SERVING

Equipment and times may vary. Use thermometer to ensure food temperature is 165°F or above. Place hot chicken in a serving pan. Pour hot sauce over chicken. Gently combine chicken with sauce and serve. #12 scoop is recommended. Portioning size may vary by individual practice.

SAUCE IN BAG (product must be thawed)

Boil in Bag/Steamer (Best)

Place entire sauce in bag into hot boiling water or steamer for 10-12 minutes or until content is 165°F.

Microwave (Good)

Place entire sauce in bag into microwave for 3 minutes or until content is 165°F.



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