



School Year 2014 - 2015  
Nutritional Information for Asian Food Solutions



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/M A Credit	Veg Credit	Bread Svgs Credit
73001	Teriyaki Chicken (2.85 oz.)	45.12	2.85	1	240	146	20	14%	2.5	1	0	53	414	14	0	14	15	2	0	2	6	079053	2	0	0
73003	Spicy Chicken (2.85 oz.)	45.12	2.85	1	240	110	20	18%	2.5	1	0	53	378	5	0	4	15	0	0	0	6	079051	2	0	0
73004	Thai Sweet Chili Chicken (2.85 oz.)	45.12	2.85	1	240	120	20	17%	2	0.5	0	45	330	15	0	11	11	0	0	0	4	CN Equivalency Letter on File	2	0	0
72001	Breaded Tangerine Chicken (3.9 oz.)	42.90	3.9	1	176	190	35	18%	4	1	0	45	380	25	2	13	14	0	0	0	8	CN Equivalency Letter on File	2	0	0.5
72003	Breaded General Tso's Chicken (3.9 oz)	42.90	3.9	1	176	200	40	20%	4	1	0	45	510	26	2	14	14	0	0	0	8	CN Equivalency Letter on File	2	0	0.5
72005	Breaded Japanese Cherry Blossom Sweet n Sour Chicken (3.9 oz)	42.90	3.9	1	176	200	35	18%	4	1	0	45	385	27	2	14	13	0	0	0	7	CN Equivalency Letter on File	2	0	0.5
72010	Breaded Lemongrass Chicken (3.9 oz.)	42.90	3.9	1	176	190	35	18%	4	1	0	45	320	24	1	11	13	0	0	0	8	CN Equivalency Letter on File	2	0	0.5

For additional product information visit [http://dese.mo.gov/divadm/food/Nutritional\\_Facts\\_Index.html](http://dese.mo.gov/divadm/food/Nutritional_Facts_Index.html)  
Please visit the manufacturer website at: <http://www.asianfoodsolutions.com/Menu.php>

# 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	
<b>Calories</b> 190	Calories from Fat 35
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 380mg	<b>16%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 13g	
<b>Protein</b> 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# 72001WG  
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

FULLY COOKED BREADED DICED CHICKEN LEG MEAT, (CHICKEN LEG MEAT [CONTAINS UP TO 9% OF A SOLUTION OF WATER, AND SODIUM PHOSPHATES], BREADED WITH: ENRICHED WHOLE WHEAT FLOUR [WHOLE WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CORN STARCH, SALT, MODIFIED CORN STARCH, LEAVENING [SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE], DEXTROSE, WHEAT FLOUR, GARLIC POWDER, ONION POWDER, SPICES, EXTRACTIVE OF PAPRIKA, SPICE EXTRACTIVE, PREDUSTED WITH: ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID], CRACKER MEAL [BLEACHED WHEAT FLOUR, SOYBEAN OIL], WHEAT GLUTEN, DRIED EGG WHITES, AND SALT. BATTERED WITH: WATER, ENRICHED WHOLE WHEAT FLOUR [WHOLE WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CORN STARCH, SALT, MODIFIED CORN STARCH, LEAVENING [SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE], DEXTROSE, WHEAT FLOUR, GARLIC POWDER, ONION POWDER, SPICES, EXTRACTIVE OF PAPRIKA, SPICE EXTRACTIVE). 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: WHEAT, EGGS 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.

#### 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](mailto:info@asianfoodsolutions.com)

# 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		
<b>Calories</b>	200	Calories from Fat 40
		<b>% Daily Value*</b>
<b>Total Fat</b>	4g	<b>6%</b>
Saturated Fat	1g	<b>5%</b>
Trans Fat	0g	
<b>Cholesterol</b>	45mg	<b>15%</b>
<b>Sodium</b>	510mg	<b>21%</b>
<b>Total Carbohydrate</b>	26g	<b>9%</b>
Dietary Fiber	2g	<b>8%</b>
Sugars	14g	
<b>Protein</b>	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# 72003WG  
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

FULLY COOKED BREADED DICED CHICKEN LEG MEAT, (CHICKEN LEG MEAT [CONTAINS UP TO 9% OF A SOLUTION OF WATER, AND SODIUM PHOSPHATES], BREADED WITH: ENRICHED WHOLE WHEAT FLOUR [WHOLE WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CORN STARCH, SALT, MODIFIED CORN STARCH, LEAVENING [SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE], DEXTROSE, WHEAT FLOUR, GARLIC POWDER, ONION POWDER, SPICES, EXTRACTIVE OF PAPRIKA, SPICE EXTRACTIVE. PREDUSTED WITH: ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID], CRACKER MEAL [BLEACHED WHEAT FLOUR, SOYBEAN OIL], WHEAT GLUTEN, DRIED EGG WHITES, AND SALT. BATTERED WITH: WATER, ENRICHED WHOLE WHEAT FLOUR [WHOLE WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CORN STARCH, SALT, MODIFIED CORN STARCH, LEAVENING [SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE], DEXTROSE, WHEAT FLOUR, GARLIC POWDER, ONION POWDER, SPICES, EXTRACTIVE OF PAPRIKA, SPICE EXTRACTIVE). 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 FLAVOR (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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For more information contact:  
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# 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		% Daily Value*
<b>Calories</b>	200	Calories from Fat 35
<b>Total Fat</b>	4g	6%
Saturated Fat	1g	5%
Trans Fat	0g	
<b>Cholesterol</b>	45mg	15%
<b>Sodium</b>	350mg	15%
<b>Total Carbohydrate</b>	27g	9%
Dietary Fiber	2g	8%
Sugars	14g	
<b>Protein</b>	13g	
Vitamin A 0%	Vitamin C 4%	
Calcium 0%	Iron 7%	

\* 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# 72005WG  
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

INGREDIENTS: FULLY COOKED BREADED DICED CHICKEN LEG MEAT, (CHICKEN LEG MEAT [CONTAINS UP TO 9% OF A SOLUTION OF WATER, AND SODIUM PHOSPHATES], BREADED WITH: ENRICHED WHOLE WHEAT FLOUR [WHOLE WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CORN STARCH, SALT, MODIFIED CORN STARCH, LEAVENING [SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE], DEXTROSE, WHEAT FLOUR, GARLIC POWDER, ONION POWDER, SPICES, PAPRIKA. PREDUSTED WITH: ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID], CRACKER MEAL [BLEACHED WHEAT FLOUR, SOYBEAN OIL], WHEAT GLUTEN, DRIED EGG WHITES, AND SALT. BATTERED WITH: WATER, ENRICHED WHOLE WHEAT FLOUR [WHOLE WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CORN STARCH, SALT, MODIFIED CORNSTARCH, LEAVENING [SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE], DEXTROSE, WHEAT FLOUR, GARLIC POWDER, ONION POWDER, SPICES, PAPRIKA. JAPANESE CHERRY BLOSSOM SAUCE: WATER, SUGAR, DISTILLED WHITE VINEGAR, TOMATO PASTE, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF 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.

#### 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.



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## Item # 72010 Lemongrass Chicken – Green Dragon Brand

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

**Pack:** 6 - 5 lbs 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:** 1.41

**Case Weight:** 42.9 LB Net

**Case Dim:** 16.313" x 14.063" x 16.625"

**Pallet Pattern:** 6 Ti x 8 Hi

**Shelf Life:** 365 days @ 0° F

### 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.

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

### Ingredient Statement

INGREDIENTS: FULLY COOKED BREADED DICED CHICKEN LEG MEAT, (CHICKEN LEG MEAT [CONTAINS UP TO 9% OF A SOLUTION OF WATER, AND SODIUM PHOSPHATES], BREADED WITH: ENRICHED WHOLE WHEAT FLOUR [WHOLE WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CORN STARCH, SALT, MODIFIED CORN STARCH, LEAVENING [SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE], DEXTROSE, WHEAT FLOUR, GARLIC POWDER, ONION POWDER, SPICES, EXTRACTIVES OF PAPRIKA, SPICE EXTRACTIVES. PREDUSTED WITH: ENRICHED WHEAT FLOUR [NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID], CRACKER MEAL [BLEACHED WHEAT FLOUR, SOYBEAN OIL], WHEAT GLUTEN, DRIED EGG WHITES, AND SALT. BATTERED WITH: WATER, ENRICHED WHOLE WHEAT FLOUR [WHOLE WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CORN STARCH, SALT, MODIFIED CORN STARCH, LEAVENING [SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE], DEXTROSE, WHEAT FLOUR, GARLIC POWDER, ONION POWDER, SPICES, EXTRACTIVES OF PAPRIKA, SPICE EXTRACTIVES). LEMONGRASS SAUCE (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). CONTAINS WHEAT, EGGS.

# 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

SEASONED CHICKEN LEG MEAT STRIPS [CHICKEN LEG MEAT, WATER ISOLATED SOY PROTEIN, SEASONING (WATER, SOY SAUCE ( WATER, SOYBEANS, SALT, WHEAT FLOUR), SUGAR, SALT, CARAMEL COLOR, CONTAINS LESS THAN 2% MOLASSES, YEAST EXTRACT, XANTHAN GUM, LACTIC ACID, AND NATURAL FLAVOR), SEASONING (SUGAR, PEPPER, MUSTARD SEED, CELERY SEED, GARLIC, WHEAT FLOUR, FRUCTOSE, XANTHAN GUM, THYME, BASIL, MALTODEXTRIN, AUTOLYZED YEAST EXTRACT, SOYBEAN OIL, SALT), AUTOLYZED YEAST AND POTASSIUM CHLORIDE, POTASSIUM AND SODIUM PHOSPHATE], SAUCE [SUGAR, WATER, BROWN SUGAR, SOY SAUCE ( WATER, SOYBEANS, SALT, WHEAT FLOUR), CONTAINS LESS THAN 2% OF MODIFIED CORN STARCH, SALT, YEAST EXTRACT, CARAMEL COLOR, SESAME OIL, SESAME SEEDS, XANTHAN GUM, LACTIC ACID, NATURAL FLAVOR].

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](mailto:info@asianfoodsolutions.com)  
[www.asianfoodsolutions.com](http://www.asianfoodsolutions.com)

CN Equivalency = 2 M/MA

# 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

SEASONED CHICKEN LEG MEAT STRIPS [CHICKEN LEG MEAT, WATER, ISOLATED SOY PROTEIN, 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), CONTAINS LESS THAN 2% OF: SUGAR, PEPPER, MUSTARD SEED, CELERY SEEDS, GARLIC, WHEAT FLOUR, FRUCTOSE, XANTHAN GUM, THYME, BASIL, MALTODEXTRIN, AUTOLYZED YEAST EXTRACT, SOYBEAN OIL, SALT), AUTOLYZED YEAST AND POTASSIUM CHLORIDE, POTASSIUM AND SODIUM PHOSPHATE], SPICY SAUCE (WATER, SOY SAUCE (WATER, SOYBEANS, SALT, WHEAT FLOUR), SUGAR, BROWN SUGAR, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF SALT, YEAST EXTRACT, CARAMEL COLOR, LACTIC ACID, GARLIC, SPICES, CRUSHED CHILI PEPPERS, CHICKEN BROTH, XANTHAN GUM, CULTURED DEXTROSE, MALTODEXTRIN.

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.



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For more information contact:  
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[www.asianfoodsolutions.com](http://www.asianfoodsolutions.com)

CN Equivalency = 2 M/MA

