

Mandarin Orange Chicken Rice Bowl

Product Information



W code: W206
 Yang's: #8-
 52724-
 16668-
 1
 Serving/case: 36
 Net Weight: 24.25
 lb

Crediting Information per Serving:

Serving Size: 1 container (9 oz)
 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 380 Calories from Fat

Total Fat 3.5g

Sat. Fat 0.7g

Trans Fat 0g

Cholesterol 40mg

Sodium 280mg

Carbohydrates 68g

Dietary Fiber 1g

Sugars 1g

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, white distilled vinegar, water, soy sauce (water, soybeans, salt, sugar, wheat flour, extract of mushroom), modified food starch, orange peel powder, garlic, ginger, green onion, and chili powder. Rice: Parboiled enriched long grain steamed white rice

CONTAINS: EGG PRODUCTS, SOY, WHEAT, AND CITRUS.