

Quest Food Management

000103 - asian orange chicken nuggets : tp 2012	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: servings	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
901945 chicken nugget tyson .64oz cn gfs 12242....	50 (5 pc serving)	heat sauce, heat chicken nuggets- gently toss together just to coat the nuggets, but not soak. serve 5 peices per serving.
902973 sauce orange ginger purchased 802860.....	1/2 jug	
902974 jelly orange marmalade smuckers 224138...	1/2 jar	
903345 rice brown long grain cooked A100500.....	3 gals + 2 CUPS (cooked)	

*Nutrients are based upon 1 Portion Size (servings)

Calories	542 kcal	Cholesterol	25 mg	Protein	17.06 g	Calcium	100.00 mg	31.51%	Calories from Total Fat
Total Fat	18.97 g	Sodium	581 mg	Vitamin A	20.0 RE	Iron	2.69 mg	7.24%	Calories from Saturated Fat
Saturated Fat	4.36 g	Carbohydrates	76.47 g	Vitamin A	100.0 IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ¹	0.00 g	Dietary Fiber	6.60 g	Vitamin C	0.0 mg	Ash ¹	*0.00* g	56.46%	Calories from Carbohydrates
								12.60%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values