

# Chicken with Garlic Soy Sauce

■ Entrée Pack: 68-0090(15 lbs)



As shown, served with vegetables (optional)



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add variety to your existing menu



great for steam table

## HIGHLIGHT:

- Easy preparation: *Just cook, mix and serve*
- One of the most recognizable Asian dishes
- Steamed table friendly
- Visually appealing
- Made with USDA whole muscle chicken
- No MSG, except that which naturally occurs in soy sauce
- Zero trans fat



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Sunrise Foods Entree Pack Rev.073115

**HOT COOKING** from thawed  
Total Cook Time 8 Minutes

**Chicken Slice**



**2 MIN** STOVE TOP | WATER BLANCH

- Blanch chicken in boiling water for 2 minutes
- Cook to internal temperature of a minimum 165° F

**Sauce**



**8 MIN** STOVE TOP | MED - MED HIGH

- Occasionally stir and bring to simmer.
- Cook for another minute from simmer
- Ensure the sauce is cooked to 165° F

**Nutrition Facts**

Serving Size (185g)  
Servings Per Container

Amount Per Serving		% Daily Value*	
<b>Calories</b> 190	<b>Calories from Fat</b> 35		
<b>Total Fat</b> 4g			<b>6%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
<b>Cholesterol</b> 65mg			<b>22%</b>
<b>Sodium</b> 900mg			<b>38%</b>
<b>Total Carbohydrate</b> 15g			<b>5%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 3g			
<b>Protein</b> 24g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 10%		

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

MEAL INGREDIENTS:  
CHICKEN INGREDIENTS:  
Chicken Breast, Water, Cornstarch, Egg Whites (Egg Whites, Guar Gum, Triethyl Citrate), Sodium Phosphate, Salt, White Pepper, Baking Soda.  
SAUCE INGREDIENTS:  
Water, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate; less than 1/10 of 1% as a preservative), Sugar, Cornstarch, Soybean Oil, Caramel Coloring, Flax Seeds, Sesame Oil, Dextrose, Salt Substitute (Sodium Chloride, Potassium Chloride, Sodium Gluconate), Disodium Inosinate/Disodium Guanylate, Xanthan Gum, Salt, Sodium Benzoate, Garlic Extract (Natural Extractives of Garlic with Polysorbate 80, Propylene Glycol, Water, Phosphoric Acid, Polydimethylsiloxane [antifoam]), Disodium EDTA.  
Contains Egg, Soy, Wheat.  
Chicken fried in soybean oil used to fry products containing: (Milk).

# Chicken with Garlic Soy Sauce

**CASE CONTENTS**



**Entrée Pack | 68-0090**

Pack Size: 3 / 1.5 lb bag of Sauce

3 / 3.5 lb bag of White Chicken Slices

Net Weight: 15 lbs

Gross Weight: 16.5 lbs

Cube: .84

Ti x Hi: 7 x 10

**List of recommended vegetables**

Carrot	Red and Green Pepper
Onion	Water Chestnut
Mushroom	Sugar Snap Peas
Broccoli	Zucchini

**Suggested Ratio**

	33% Protein	23 % Sauce	44% Vegetable
Entrée Pack	3 lbs	2 lbs	4 lbs

**Tips**

- To improve texture, layer sauce, then protein, then vegetables. Mix just before serving.
- To reduce cost per serving, add vegetables and serve with rice or noodles

**Shelf Life 18 Months Frozen**



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