

Sweet Sour Chicken

■ Entrée Pack: 68-0100



As shown, served with vegetables (optional)



add variety to your existing menu



great for steam table

HIGHLIGHT:

- Easy preparation: *Just cook, mix and serve*
- One of the most popular 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



Founder Mark Pi



614.276.2880

www.sunrisefoodsohio.com

Sunrise Foods Entree Pack Rev.073115

HOT COOKING from thawed
Cook Time 8 Minutes | 15 Minutes for Oven

Sweet Sour Chicken

CASE CONTENTS



Entrée Pack | 68-0100

Pack Size: 3 / 2 lb bags of Sauce

3 / 3.5 lb bags of Dark Chicken Chunk

Net Weight: 16.5 lbs

Gross Weight: 18 lbs

Cube: .84

Ti x Hi : 7 x 10

List of recommended vegetables

Carrot	Green Pepper
Onion	Water Chestnut
Red Peppers	Pineapple

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

Chicken



FRYER | RECOMMENDED

- 350° F for 3 Minutes
- Ensure internal temperature is 165° F or higher



OVEN 400° F

- Bake on middle rack
- Turn after 10 minutes
- Bake another 5 minutes
- Ensure internal temperature is 165° F or higher

Sauce



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*	
Calories 250	Calories from Fat 60		
Total Fat 7g		11%	
Saturated Fat 1.5g		8%	
Trans Fat 0g			
Cholesterol 65mg		22%	
Sodium 400mg		17%	
Total Carbohydrate 32g		11%	
Dietary Fiber 1g		4%	
Sugars 19g			
Protein 15g			
Vitamin A 0%	Vitamin C 2%		
Calcium 2%	Iron 6%		

*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 (Chicken Leg/Thigh, Water, Flaxseed/Milled Flaxseed, Salt), Coating [Water, All Purpose Flour White Bleached Enriched (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cornstarch, Soybean Oil, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate)].

SAUCE INGREDIENTS: Water, Sugar, Tomato Sauce (Tomato Puree (Water, Tomato Paste), Water, Less than 2% of: Salt, Citric Acid, Spice, Natural Flavor), Apple Sauce (Apples, High Fructose Corn Syrup, Corn Syrup, Water, Ascorbic Acid (Vitamin C) to maintain color), Vinegar, Ginger Water (Water, Ginger), Cornstarch, Lemon Juice (Lemon Juice from Concentrate (Water, Concentrated Lemon Juice), Sodium Benzoate (preservative) and Lemon Oil - Contains Sulfites), Soybean Oil, Xanthan Gum, Salt, Sodium Benzoate, Disodium EDTA, FD&C Red No. 40, FD&C Yellow No. 5.

Contains Soy, Wheat.



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