Ling's 5th Taste

South El Monte, CA 91733

Tel: 626 401-1923 Fax: 626 401-1925

Mandarin Orange Chicken

(Fully Cooked)

5/5 lb. Chicken · 5/32 oz. Sauce

8-52724-11101-8 (Commodity)

8-52724-22201-1 (Commercial)

-Product Analysis-

Minimum Weight of Raw Chicken Used 2.88 oz.
Minimum Total Weight Cooked Chicken 2 oz.

Minimum Total Weight serving size is 2.8 oz. without sauce
Minimum Fully Cooked Chicken 2.0 oz.
Minimum Breading .8 oz.

Recommended Serving Size: 3.92 oz. = 2.8 oz. battered chicken and 1.12 oz. sauce

Approximate Servings per case: 135-142
This 3.92 oz. serving provides 2 meat/meat alternate and ¾ breads according to the Food Buying Guide for Child Nutrition Programs.

Ingredients:

Chicken: Skinless chicken leg meat, water, cornstarch, unbleached enriched flour (unbleached wheat flour, barley flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), soybean oil, liquid whole eggs, salt, white pepper powder, ground ginger, garlic, green onion.

Sauce: Water, sugar, vinegar, soy sauce (soybeans, wheat flour, water, salt, straw mushroom extractives), modified starch, mandarin orange juice and peel, chili powder, garlic, ginger, onion.

I certify this information is true and correct:

Loree Erpelding

Loree Erpelding/Vice President, Ling's

01/6/12

Date

Nutrition Facts

Serving Size: 3.92 oz. (111g)
Servings Per Container: 135-142

Amount Per Serving

Calories 210	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 50 mg	17%
Sodium 340 mg	14%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 12g	

Vitamin A 2% · Vitamin C 0%
Calcium 0% · Iron 4%

*Percent Daily Values are based on a 2000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less Than	65g	60g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Heating Instructions:
Place single layer of breaded chicken on baking pan. Heat at 400 degrees for 16-20 minutes or until golden brown, and internal temperature reaches 160 degrees. Heat sauce in steamer, low boil in bag, or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to lightly cover all chicken pieces.

Serve with chow mein or rice.

Shelf Life: 1 year frozen