



The SCHWAN FOOD COMPANY™
SCHWAN'S FOOD SERVICE, INC.



Minh® General Tso's Chicken Stir Fry Kit

Product Code: 69030

Last Update Date: 09/24/2009

Please continue to check our website for the most current nutrition information.

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Nutrition Information

Serving Size:	8 pieces of chicken with sauce (136 g/4.8 oz)	
Eaches/Case:	2	
Inner Packs/Case:	2	
Servings/Case:	66	
Calories:	270	
Calories from Fat:	60	
Total Fat:	7 g(s)	
Saturated Fat:	1.5 g(s)	
Trans Fat:	0 g(s)	
Cholesterol:	35 mg(s)	
Sodium:	970 mg(s)	
Total Carbohydrate:	36 g(s)	
Total Dietary Fiber:	1 g(s)	
Sugars:	19 g(s)	
Protein:	14 g(s)	
Vitamins & Minerals		
	Amt/Srv	% DV
Vitamin A:	200 IU	4%
Vitamin C:	1.2 mg(s)	2%
Calcium:	20 mg(s)	2%
Iron:	1.08 mg(s)	6%

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

Offer one of the most popular Asian entrees on the market today. General Tso's Chicken includes tender chicken with a light tempura batter coating along with a hot and tangy chili-infused sauce. Ingredients are weighed and pre-packaged for convenience. Everything is fully cooked for food safety.

Master Case Product Name: SFS MINH GEN TSO CHIC STIR FRY KIT

Preparation Instructions

COOKING INSTRUCTIONS. COOK BEFORE SERVING.
STOVE TOP (Preferred Instructions): Fry meat in 350°F oil for 2 - 3 minutes if thawed; 3.5 minutes if frozen. Thaw sauce in refrigerator. Open bag. Place sauce in medium pan. Cook over a high heat for 10 - 11 minutes, stirring constantly. Mix cooked meat and sauce and serve. **CONVECTION OVEN at 350°F (Alternate Instructions):** Thaw meat in refrigerator. Open bag. Place sauce in baking pan. Loosely cover pan with foil. Bake for 15 minutes. Remove foil, stir and bake for an additional 5-10 minutes. Mix cooked meat and sauce and serve. **NOTE:** Due to variances in oven regulators, cooking time and temperature may require adjustments.

Ingredients

BATTERED AND FRIED CHICKEN: Chicken thigh meat, water, corn starch, enriched bleached flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), chicken stock (water, chicken, seasoning (salt, sodium tripolyphosphate, modified food starch, carrageenan, sugar, dextrose, spice extractives)), modified food starch, soy protein concentrate, salt, rice flour, corn flour, spices, soybean oil, and caramel color. **SAUCE:** water, sugar, soy sauce (water, wheat, soybeans, salt, lactic acid, and less than 0.10% sodium benzoate as a preservative), contains 2% or less of: vinegar (vinegar, water), modified food starch, sesame seed flavored oil (cottonseed oil or soybean and sesame oil), mushroom

Shipping Info

GTIN (UPC):	072180690302
SCC-14:	n/a
Gross Weight:	21.5 lbs.
Net Weight:	20 lbs.
Each Weight:	6 Oz(s)/serving.
Cube:	0.879
Dimensions (LxWxH):	14.625 x 11.375 x 9.125
Cases/Pallet:	60
Tie:	10
High:	6
Shelf Life:	300 days

soy sauce (water, extract of soya beans, wheat flour, salt, sugar & mushroom), chile garlic sauce (red chile peppers, vinegar, salt, garlic, guar gum, xanthan gum, natural flavors [canola oil, natural flavors]), spice, flavor (canola oil, soybean oil, chicken fat, flavor, cottonseed oil), xanthan gum, salt, sea salt, disodium guanylate & disodium inosinate, garlic powder, onion powder, green onion flakes, sodium benzoate, powdered cellulose, citric acid.

Allergens

Contains Wheat and Soy.



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