

Sweet & Sour Chicken

Cafeteria Recipe



Recipe courtesy of Samantha Tarvin, Walker County Schools

Number of Servings: 16 Serving Size: 3 Ounces Allergens: Soy and Wheat HACCP Process: #2: Same Day Service

INGREDIENTS	AMOUNT		METHOD/INSTRUCTION
	Weight	Measure (Vol)	
Chicken, Diced, Cooked	2 lbs.		The day before preparing the chicken, place 4# of diced chicken in a 4" steam table pan with the proper HACCP labels, and place in cooler.
Pepper, Bell, Green, Raw		2 Green Bell, Medium Size	Chop the peppers and onions. Put them in a steam table pan with the proper HACCP labels. Cover and place in the cooler. CCP: Hold at 41 degrees F or lower. *TIP: When ordering peppers and onions, 3 medium peppers = 1# and 4.5 medium onions = 1#
Pepper, Bell, Red, Raw		2 Red Bell, Medium Size	
Onion, Yellow, Raw		1 Onion, Medium Size	
Sugars, Granulated		1 2/3 cups + 1/2 teaspoon	Prepare the sauce. In the Steam Soup Kettle or the small Steam (Gravy) Kettle, add Sugar, Vinegar, Soy Sauce, Garlic Powder, Onion Powder and Ketchup. Stir and bring to a boil.
Vinegar, Distilled		1 2/3 cups + 1/2 tablespoon	
Garlic Powder		1 tablespoon + 1 teaspoon	
Onion Powder		2 teaspoons	
Ketchup		1 cup	
Cornstarch		1/4 cup	In a small bowl, whisk together the cornstarch and cold water until dissolved. Add the mixture into the sauce until thickened, and then reduce to low heat.
Water, Municipal, Cold		1/2 cup	
Soy Sauce, Less Sodium		1/2 cup	While the sauce is thickening, Steam the Peppers and Onions: Add Oil to the Peppers and Onions. Then steam for 4 minutes or until Peppers and Onions are tender.
Oil, Soybean, Low Saturated Fat		1/2 cup	
			While Peppers and Onions are steaming, place pan of Chicken in the steamer. CCP: Heat to 165 degrees F or higher for 15 seconds. Add Peppers and Onions to the pan of Chicken. Add sauce. Stir to coat well. CCP: Hold for hot service at 135 degrees F or higher.
			<u>Serving:</u> Using a 3 ounces ladle, serve chicken over 1/2 cup of cooked savory rice. 3 ounces servings with 1/2 cup of rice = 2 ounces M/MA and 1 ounce of grain *Diced chicken 2 ounces = 2 ounces M/MA

*Nutrients are based upon 1 Portion Size (3 oz.)

Calories	275 kcal	Cholesterol	*43* mg	Sugars	27.7 g	Calcium	*11.50* mg	30.38%	Calories from Total Fat
Total Fat	9.27 g	Sodium	*461* mg	Protein	13.84 g	Iron	*0.45* mg	*1.85%*	Calories from Saturated Fat
Saturated Fat	*0.57* g	Carbohydrates	33.99 g	Vitamin A	*403.5* IU	Water ¹	*123.31* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*1.95* g	Vitamin C	*69.5* mg	Ash ¹	*0.89* g	49.48%	Calories from Carbohydrates
								20.15%	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

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.