



# Steamed Korean BBQ Chicken

## DESCRIPTION:

Healthy, delicious, and tender steamed chicken, smothered in our new Korean BBQ Sauce! Works great for school lunches!



## FOOD BASED EQUIVALENCY:

A 2.8 oz serving of Steamed Korean BBQ Chicken provides 2 servings of meat.

## HEATING INSTRUCTIONS:

- Place in a sheet pan and bake at 350° for about 15-20 min.
- Mix in hotel pan with sauce (to taste) and serve at 165°

## INGREDIENTS:

**CHICKEN** (*caramel color added*): Chicken thigh meat, Water, Sugar, Modified Food Starch, Isolated Soy Protein, Caramel Color, Salt, Sodium Phosphate

**SAUCE:** Sugar, Water, Red Miso (Soybean, Rice, Salt, Water, Yeast, Koji), Soy Sauce (Water, Wheat, Soybeans, Salt), Chili Paste (Red Pepper, Miso, Sugar, Salt, Alcohol), Vinegar (200 grain), Sesame Oil, Corn Starch Modified, Garlic Flavor (Rice Bran Oil, Artificial Flavors, Natural Flavors), Ginger Powder, Garlic Powder, Minced Garlic, Bell Pepper, Onion Powder, Sesame Seeds, Caramel Color, Disodium Inosinate and Disodium Guanylate, Black Pepper, and Paprika.

**CONTAINS: WHEAT, SOY, FISH, SESAME**

**NO TRANS FAT**

**NO MSG**

## Steamed Chicken & Korean BBQ Sauce

### Nutrition Facts

Serving Size (2.8 oz)

Amount Per Serving  
Calories 192 Calories from Fat 56

% Daily Value	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 38mg	13%
Sodium 605mg	25%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 15g	

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

\*Percent daily values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Total Fat	Less than	2,000	2,500
Sat Fat	Less than	65g	80g
Cholesterol	Less than	20g	25g
Sodium	Less than	300mg	300mg
Total Carb	Less than	2,400mg	2,400mg
Dietary Fiber	Less than	300g	375g
		25g	30g

I certify this information is true and correct:

  
John A. Barros  
V.P. Product Management

Feb. 8, 2011  
Date

Product Code	Description	U/M	Count	Lbs
H&S: COM - 0115	Steamed Chicken	25 lb	5	35 (Commercial)
---	Sauce	10 lb	5	
H&S: CMDTY - 0114	Steamed Chicken	25 lb	5	35 (Commodity)
---	Sauce	10 lb	5	

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