

**Ling's 5<sup>th</sup> Taste**  
**South El Monte, CA 91733**  
**Tel: 626 401-1923 Fax: 626 401-1925**

**Kung Pao Chicken w/Vegetables**

(Fully Cooked)

**8-52724-10003-6** (Commercial)

**2/3.5 lb. Chicken • 2/1.5 lb. Mixed Vegetables • 2/32 oz. Sauce**

**-Product Analysis-**

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

Minimum Total Weight serving size is 4.0 oz. without sauce  
 Minimum Fully Cooked Chicken 2.0 oz.  
 Minimum Breeding .8 oz.  
 Minimum Vegetable 1.2 oz.  
 Minimum Sauce 1.33 oz.

**Recommended Serving Size: 5.33 oz. = 2.8 oz. battered chicken, 1.2 oz. sauce and 1.33 oz. vegetable**

**Approximate Servings per case: 39-42**

This 5.33 oz. serving provides 2 meat/meat alternate, ¾ breads, and ¼ cup vegetable according to the Food Buying Guide for Child Nutrition Programs.

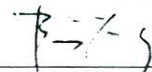
**Ingredients:**

**Chicken:** Boneless, 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.

**Vegetables:** Green bell pepper, red bell pepper, brown onion.

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

I certify this information is true and correct:

  
 Ling's 5<sup>th</sup> Taste

11/20/2009  
 Date

**Nutrition Facts**

Serving Size: 5.33 oz. (151g)  
 Servings Per Container: 39-42

**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 520 mg	22%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 13g	

Vitamin A 10% Vitamin C 40%  
 Calcium 2% Iron 6%

\*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 and vegetables separately or together in steamer, low boil in bag, or microwave. Add sauce and vegetables to chicken, mix thoroughly to cover all chicken pieces.

Serve with chow mein or rice

**Shelf Life:** 1 year frozen