



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

South El Monte, CA 91733

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## Sweet & Sour Chicken

100% White Whole Grain (Fully Cooked)

5/5 lb. Chicken · 5/32 oz. Sauce

**8-52724-12301-1** (Commodity)

**8-52724-22301-8** (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 Breeding .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 according to the Food Buying Guide for Child Nutrition Programs.

### Ingredients:

Chicken: Skinless chicken leg meat, water, cornstarch, whole grain wheat flour, soybean oil, liquid whole eggs, salt, white pepper powder, ground ginger, garlic, green onion.

Sauce: Water, sugar, ketchup, lemon juice, modified starch, cranberry sauce, chili powder, garlic, ginger, onion.

I certify this information is true and correct:

*Loree Erpelding*

Loree Erpelding/Vice President, Ling's

08/25/12

Date

## Nutrition Facts

Serving Size: 3.92 oz. (111g)

Servings Per Container: 135-142

### Amount Per Serving

Calories 155 Calories from Fat 25  
% Daily Value\*

Total Fat 3g	5%
Saturated Fat .5g	3%
Trans Fat 0g	0%
Cholesterol 45 mg	15%
Sodium 216 mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 10g	
Protein 12g	

Vitamin A 6% Vitamin C 12%  
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	80g	
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