

Out of the Shell, LLC dba Ling's

Chicken Teriyaki, Fully Cooked

8-52724-11102-5

P201

NUTRITIONAL ANALYSIS PER SERVING Serving Size 2.6 oz (74 gm)

Calories	90
% Calories from Fat.....	20 %
Total Fat	2 gm
Saturated Fat	0.5 gm
Trans Fat.....	0.0 gm
Cholesterol	45 mg
Sodium	300 mg
Total Carbohydrates	6 gm
Dietary Fiber.....	0 gm
Protein	11 gm
Sugar.....	6 gm
Vitamin A.....	0 %
Calcium	0 %
Vitamin C.....	0 %
Iron	4 %

Cooking Instructions: Boil, steam, or microwave until chicken reaches 160 degrees. Heat sauce in steamer or boil in the bag until hot. Pour over Teriyaki Chicken. Serve with rice or chow mein.

Note: Water temp should be no more than 190 degrees or bag may leak.

Shelf Life 1 year Frozen

Case Weight	33.75 lbs.
Servings/Case	207/2.6 oz.
Size	2.6 oz.

Serving Size:

2.6 oz. Fully Cooked Chicken Teriyaki is certified to provide 2.0 oz. meat/meat alternate for Child Nutrition Meal Pattern Requirements.

Fully Cooked CHICKEN TERIYAKI

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INGREDIENTS:

Boneless, skinless chicken leg meat, water, soy sauce, sugar, white pepper, water, soy beans, wheat flour, salt, straw mushroom extractives, white pepper, lime juice, sugar, onion, ginger, garlic, mirin fu, modified starch.

Ingredients for Teriyaki Sauce:

Soy sauce (water, soy beans, wheat flour, salt, straw mushroom extractives), white pepper, water, lime juice, sugar, onion, ginger, garlic, mirin fu, modified starch, salt.