



Our General Tso's Chicken is cooked until perfectly crispy with juicy chicken inside. The whole grain battered chicken is then tossed in our General Tso's sauce featuring a sweet and spicy sauce. This is one of our most popular recipes. This product is fully cooked, no added MSG, zero trans fats per serving, and no food coloring added.



MARKETING

Nutrition Facts

176 Servings per container

Serving Size

3.9 oz

Amount Per Serving

Calories

210

% Daily Value*

Total Fat 7

8%

Saturated Fat 1 g

6%

Trans Fat 0 g

Cholesterol 45 mg

15%

Sodium 460 mg

20%

Total Carbohydrates 25 g

9%

Dietary Fiber 1 g

5%

Total Sugars 13 g

Includes 13 g Added Sugars

26%

Protein 12 g

Vitamin D 0 mcg

0%

Calcium 10 mcg

0%

Iron 0.8 mcg

4%

Potassium 170 mcg

4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
72003	252330	00856235005026	6 x 7.15#

Brand	Brand Owner	GPC Description
GREEN DRAGON	0085623500533	Chicken - Prepared/Processed

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
44.55 LBR	42.9 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
17.25 INH	13.25 INH	13.13 INH	1.74 FTQ	8x6	548 Days	-10 FAH / 10 FAH

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C

Eggs - C

Soy - C

Wheat - C

Sesame - C
- Peanuts - N

Tree Nuts - N

Fish - N

Shellfish - N

HANDLING SUGGESTIONS

Keep Frozen at 0° F ± 10° F

MORE INFORMATION

SERVING SUGGESTIONS

3.9 oz serving size

PREPARATION & COOKING SUGGESTIONS

Per (1) 5 lb. bag of breaded chicken pieces & (1) 2.15 lb. bag of sauce BREADED CHICKEN PIECES: CONVECTION/CONVENTIONAL OVEN (BEST) - 1. Pre-heat oven to 350 F Convection / 400 F Conventional. 2. Spread frozen chicken pieces evenly on a sheet pan with parchment paper. 3. Bake frozen chicken pieces in oven for 40-45 minutes until golden brown and crispy. DEEP FRY - 1. Pre-heat fryer to 350 F. 2. Place frozen chicken pieces in fryer basket into deep fryer. 3. Deep fry for 5-6 minutes until internal temperature reach 165 F. SAUCE IN BAG (PRODUCT MUST BE THAWED): BOIL IN BAG/STEAMER (BEST) - Place entire sauce in bag into hot boiling water or steamer for 10-12 minutes or until content is 165 F. MICROWAVE (GOOD) - Place entire sauce in bag into microwave for 3 minutes or until content is 165 F. ...

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NUTRITIONAL ANALYSIS



Calories	210
Protein	12 g
Total Carbohydrates	25 g
Sugars	13 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	13 g
Polyunsaturated Fat	3 g
Monounsaturated Fat	1.5 g
Cholesterol	45 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	460 mg
Calcium	10 mcg
Iron	0.8 mcg
Potassium	170 mcg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

