

# AMO-CHICKEN FRIED RICE 4/3lb Bag

An entrée using blend of long grain rice, chicken and assorted vegetables

Product Last Saved Date:24 March 2017

Nutrition Facts			
Serving Size: 120 GRM			
Number of Servings per Package: 11			
Amount Per Serving			
Calories: 210		Calories from Fat: 40	
% Daily Value*			
<b>Total Fat</b>	4.5 g	7%	
Saturated Fat	0 g	0%	
Trans Fat	0 g		
<b>Cholesterol</b>	15 mg	5%	
<b>Sodium</b>	440 mg	18%	
<b>Total Carbohydrate</b>	32 g	11%	
Dietary Fiber	1 g	4%	
Sugars	4 g		
<b>Protein</b>	9 g		
<b>Vitamin A</b>	6%	<b>Vitamin C</b>	4%
<b>Calcium</b>	4%	<b>Iron</b>	8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat	9	Carbohydrate	4
		Protei	4

### Product Specifications:

Code	GTIN	Pack	Pack Description
61119	30076366611199	4 X 3 LBR	

Brand	Brand Owner	GPC Description
AMOY	Ajinomoto Windsor, Inc.	Ready-Made Combination Meals – Not Ready to Eat (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
13.25 LBR	12 LBR	USA	No	No

### Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
13.375 INH	11.9375 INH	5.625 INH	0.5197 FTQ	12x7	365 Days	-10 FAH / 15 FAH

### Ingredients :

INGREDIENTS: White Rice, Water, Cooked Seasoned Chicken Breast (Boneless Chicken Breast with Rib Meat, Mirin [Water, Mirin [Rice, Alcohol, Salt, Koji], Water, Turbinado Sugar, Less Than 2% Of: Soy Sauce [Water, Wheat, Soybeans, Salt], Tapioca Starch, Soybean Oil, Sea Salt, Natural Flavoring), Carrots, Soy Sauce (Water, Wheat, Soybeans, Salt, Alcohol [To Retain Freshness]), Leeks, Canola Oil, Mirin (Water, Mirin [Water, Rice, Alcohol, Salt, Enzyme, Koji], Sugar, Lactic Acid), Peas, Soybean (Edamame), Contains Less Than 2% Of: Red Bell Pepper, Corn, Onion, Spice, Garlic Puree, Kelp Extract (Kelp Extract, Dextrin, Water, Salt, Alcohol, Xanthan Gum), Sugar, Toasted Sesame Oil, Soy Sauce Powder (Soy Sauce [Fermented Soybeans, Wheat, Salt], Maltodextrin, Salt), Disodium Inosinate, Disodium Guanylate. CONTAINS: Soy, Wheat.

### 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

Eggs - N	Milk - N	Peanuts - N
Soy - C	Wheat - C	TreeNuts - N
Fish - N	Crustacean - N	

### Handling Suggestions :

### Benefits :

Authentic Asian fried rice. Please Also check out our AjiWin Foodservice Tools site here--> [www.ajinomotowindsortools.com](http://www.ajinomotowindsortools.com) and our AjiWin Prep School Training Videos here--> <https://www.youtube.com/channel/UCShyQaOoe3ov1Qei-oSrcMg>.

### Serving Suggestions :

Simply heat and serve as a side to your favorite Asian entrée, or as a stand alone entrée itself. Additional preparation suggestions can be found on the AjiWin Virtual Cookbook Youtube page here --><https://www.youtube.com/channel/UCL2t-2Gs6oPVBbac6CW44xg>

### Prep & Cooking Suggestions :

Preparation Notes Cook Product from Frozen: Cook times may vary according to equipment  
 Microwave Instructions Microwave (1,100 W): On seam side, puncture 6 holes into the bag. Place seam side up and Microwave on HIGH for 15 Minutes. Conventional Oven Instructions Conventional Oven: Pre-heat oven to 350°F. Evenly spread 1 bag into a full hotel pan. Add a lid and place pan on the bottom rack. Cook for 50 minutes and stir every 15 minutes. Stovetop Skillet Instructions Stove Top: Pre-heat 2 TSP of vegetable oil in a non-stick skillet. Put 2 cups of rice into the skillet. Cook for 7 minutes while continuously stirring. Preparation Notes IMPORTANT: For Food safety and quality, heat to an internal temperature of 165F before eating. Keep Frozen until ready to use

### Additional Images :