

Spicy Teriyaki Rice Bowl

Sautéed mixed vegetables and Gold Kist Chicken® Whole Grain Breaded Chicken Smackers (110452) in a spicy Teriyaki glaze, served over brown rice.



YIELD

100 servings

MENU FIT/DAYPART

Lunch

COMPONENTS

2 oz M/MA

1.25 oz grain

3/8 cup other
vegetable

DIFFICULTY

Easier

ALLERGENS

Dairy, Wheat, Soy

INGREDIENTS AND PREPARATION

28 pounds Gold Kist Whole Grain Breaded Chicken Smackers (110452)

3 quarts soy sauce

3 gallons Mirin

1 cup garlic, ground

1 cup ginger, ground

1 cup cornstarch

3 quarts water

2 cups sriracha (optional)

1 cup vegetable oil

13 1/2 pounds mixed vegetables, frozen

33 pounds, brown rice, cooked

1. Preheat oven to 350°F. Place chicken pieces on a sheet tray and cook for 10-12 minutes in a conventional oven or 6-8 minutes in a convection oven or until internal temperature reaches 165 ° F.
2. In a large pot, bring the soy sauce, Mirin, ginger, and garlic to a boil, stirring regularly to prevent burning.
3. Lower pot temperature to medium. Dissolve cornstarch in water and add to the boiling mixture, stirring constantly until thickened. Add sriracha to taste.
4. In a tilt skillet, heat vegetable oil over medium-high heat. Add vegetable mixture and saute until cooked through.
5. Toss Smackers with Teriyaki sauce and vegetables. Serve over brown rice.

Serving Suggestions: Serve with sliced red pears, steamed sugar snap peas and milk.

Nutrition Facts

Serving Size 20oz (387g)	
Servings Per Container 1 (1 bowl)	
Amount Per Serving	
Calories 490	Calories from Fat 160
%	
Total Fat 17g	26%
Saturated Fat 3g	15%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 55mg	18%
Sodium 1150mg	48%
Potassium 270mg	8%
Total Carbohydrate 58g	19%
Dietary Fiber 6g	24%
Sugars 8g	
Protein 25g	50%
Vitamin A 50%	Vitamin C 4%
Calcium 6%	Iron 15%
Folate 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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