

# General Tso Chicken - NSLP

## General Information

Recipe #	Category	Source
2012177	Lunch Entree	Local

## Ingredients

Name	Quantity	+ Quantity 2
Chicken Diced, 1/2", White Meat, Low Sodium, 2M, 59/2.7oz, 10#, Tyson, 10241600928	8 lbs., 8 oz.	
Broccoli, raw	2 lbs.	
Peppers, sweet, red, raw	2 lbs.	
Onions, raw	1 pt., 1 c. sliced	
Garlic, raw	3 tbsp.	
Ginger root, raw	1 tbsp., 1 tsp.	
Oil, sesame, salad or cooking	3 tbsp.	
Vegetable oil, palm kernel	3 tbsp.	
Soup, chicken broth, low sodium, canned	1 pt.	
General Tso's Sauce 6/5# 30#	1 qt., 1 pt.	
Sauce, salsa, verde, ready-to-serve	3 tbsp.	



## Preparation Instructions

### HACCP Process: #3 - Complex Food Preparation

1. Preheat oven to 350 degrees F. Spread a single layer of chicken evenly on a sheet pan, or 18x13 inch pan, with parchment paper. Bake from frozen state in oven 20-25 minutes until internal temperature reaches 165 degrees F.
2. Cut broccoli florets in halves, slice peppers and onions, and mince garlic and ginger.
3. Heat a braising pan and add oils. Stir fry vegetables for about 5 minutes. Add garlic and ginger and cook a minute more. Add chicken broth and chicken and cook 2-3 minutes more.
4. Add the General Tso's sauce and salsa. Simmer for about 5 minutes.
5. Hold in the oven on a warm setting for up to 15 minutes before service.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as

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Serving Size **2/3 Cup (160 gm)**

Amount Per Serving	
Calories	<b>181.914</b>
	% Daily Value*

Total Fat	<b>6.060 gm</b>	9.323%
Saturated Fat	<b>1.838 gm</b>	9.191%
Trans Fat	<b>0.011* gm</b>	
Cholesterol	<b>45.899 mg</b>	15.3%
Sodium	<b>329.452 mg</b>	13.727%
Total Carbohydrate	<b>13.130 gm</b>	4.377%
Dietary Fiber	<b>1.137 gm</b>	4.549%
Total Sugars	<b>8.763 gm</b>	
Includes	<b>0.000 * gm of Added Sugars</b>	
Protein	<b>18.811 gm</b>	37.622%
Vitamin A	<b>51.355* mcg RAE</b>	5.706%
Vitamin C	<b>40.142* mg</b>	66.903%
Vitamin D	<b>0.000* mcg</b>	
Calcium	<b>31.504 mg</b>	3.15%
Iron	<b>1.350 mg</b>	7.5%
Potassium	<b>559.620* mg</b>	11.907%
Saturated Fat % of Calories		9.094 %
Added Sugar % of Calories		0.000 %

\* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

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

## Meal Components

Component	Measurement
Meat/Meat Alternates	<b>2 oz</b>

well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

**CORRECTIVE ACTION HOT FOOD:** All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

## Dates

Last Updated

10-31-2025

Created

10-31-2025

Dark Green	0.125 cups
Red/Orange	0.125 cups

## Added Sugar Limitations

Not applicable.

## Vendors

Tyson Foods, Inc. 

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