

# Orange Chicken - NSLP

## General Information

Recipe #	Category	Source
2013963	Lunch Entree 	Local

## Ingredients

Name	Quantity	Quantity + 2
Oil, sesame, salad or cooking	½ c.	
Garlic, raw	½ c.	
Ginger root, raw	¾ c.	
Beverages, water, tap, municipal	1 qt.	
Soup, chicken broth or bouillon, dry	½ c.	
Beverages, Orange juice, light, No pulp	16 fl oz	
Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	½ c.	
Sugars, brown	½ c., 2 tbsp., 1 ¾ tsp. packed	
Vinegar, Rice, 4/1 gal, 33.68#, Kikkoman, 02020	½ c., 2 tbsp., 1 ¾ tsp.	
Beverages, water, tap, municipal	½ c.	
Corn Starch, Box, 24/1lb, Monarch, 884686	2 oz.	
Carrots, raw	2 lbs., 4 oz.	
Peppers, sweet, red, raw	2 lbs., 10 oz.	
Broccoli, raw	4 lbs.	
Chicken Strips, Fajita, FC, CN, 2M, 171/2.8oz, 30#, Tyson, 10035220928	8 lbs., 12 oz.	
Spices, pepper, black	1 tsp. ground	

## Preparation Instructions

HACCP Process: #2 - Same Day Service

1. In a large pot, heat sesame oil over medium heat. Add garlic and ginger. Cook for 1 minute.
2. Add water, chicken base, orange juice, soy sauce, brown sugar, and vinegar. Let simmer for 20 minutes.
3. Mix together water and cornstarch into a slurry. Add to the orange mixture, stirring constantly until incorporated. Do not boil. Once sauce is thickened, remove from heat.
4. Wash, peel, and shred carrots. Wash and julienne peppers and wash broccoli and cut into florets. Saute together for 7 minutes with black pepper.
5. Add chicken and heat to 165 degrees F. Combine with sauce and pour into hotel pans, hold hot for 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



## Orange Chicken - NSLP

Serving Size	Yield
1 Cup	50.00

## Nutrition Facts

Serving Size 1 Cup (206 gm)		
Amount Per Serving		
Calories		194.883
		% Daily Value*
Total Fat	9.205 gm	14.162%
Saturated Fat	2.299 gm	11.495%
Trans Fat	0.000* gm	
Cholesterol	75.724 mg	25.241%
Sodium	639.747 mg	26.656%
Total Carbohydrate	13.427 gm	4.476%
Dietary Fiber	2.091 gm	8.365%
Total Sugars	6.235 gm	
Includes 2.828 *gm of Added Sugars		
Protein	17.066 gm	34.133%
Vitamin A	220.046* mcg RAE	24.45%
Vitamin C	67.369* mg	112.282%
Vitamin D	0.000* mcg	
Calcium	42.934* mg	4.293%
Iron	0.506* mg	2.809%
Potassium	559.171* mg	11.897%
Saturated Fat % of Calories		10.618 %
Added Sugar % of Calories		5.804 %
* 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	2 oz	

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 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  
11-04-2025


Created  
11-04-2025


Dark Green	0.25 cups
Red/Orange	0.25 cups


## Added Sugar Limitations

Not applicable.

## Vendors

Kikkoman 

Tyson Foods, Inc. 

US Foods 

Edit Recipe