

Go For Green® Color and Sodium Level:

**SWEET AND SOUR TENDERS (PCK BRSTD & RTU SA) (VEGAN)**

**Yield** 100 Portions **Pan Size and Number** Steam-Jacketed Kettle, **Temp** 350°F (177°C)  
**Each Portion** 1 cup **Griddle, 12 x 20 x 4-Inch Steam Table Pan (2)** **Time** min

Calories	Carbohydrates	Protein	Sugars*	Fat	Saturated Fat	Cholesterol	Sodium	Calcium	Fiber
						0 mg			

**Ingredients**

	Weight	Measure	Approx. Issue
COOKING SPRAY, NONSTICK SAUCE, SWEET AND SOUR	0 lbs 2 oz	4 tbsp 1/2 tsp	
CHICKEN NUGGETS (VEGAN)	16 lbs	1 gal 1 qt 1 pt 1 c 12 tbsp 2 1/8 tsp	
PINEAPPLE TIDBITS, CANNED, DRAINED	32 lbs		
VEGETABLE, PEPPERS, SWEET ROASTED	6 lbs 12 oz	1 gal 1 pt 14 tbsp 1 1/8 tsp	
BEAN, SPROUTS	3 lbs		
VEGETABLE, ONIONS, ROASTED	13 lbs		
	2 lbs		

**Methods**

1. If necessary, spray pan and cook chicken nuggets (vegan) according to package instructions. Do not overbake. CP: Hold for hot service at 135°F (57°C) or higher.
2. Drain the liquid from the pineapples and bean sprouts.
3. In a steam jacket kettle, place pineapples, bean sprouts, peppers, onions, and sauce. Bring to a boil, reduce to a simmer and add cooked chicken nuggets (vegan).
4. Mix lightly but thoroughly. Place in 12 x 20 x 4-inch steam table pan. Serve immediately or CP: Hold at 135°F (57°C) for hot service.
5. EACH PORTION: 1 cup

**Notes**

1. \* Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar together
2. Serving Suggestions: Serve over rice. See AFRS E-005-00 or E-005-01 or E-005-05 or E-005-06 or E-005-10 or E-005-11 or E-005-15.
3. If facility prepares this recipe as written, facility may choose to list item on Go For Green card as “Sweet And Sour Chicken (vegan)”. Note that vegan items contain no meat, poultry, fish, shellfish, dairy, eggs, insects, or by-products of slaughter or insects such as gelatin or honey. If Chicken Nuggets are vegetarian, facility may choose to list item on Go For Green card as “Sweet And Sour Chicken (vegetarian)”.

