

Go For Green® Color and Sodium Level:

**GENERAL TSO TENDERS (PCK BRSTD & RTU SA) (VEGAN)**

**Yield** 100 Portions **Pan Size and Number** Steam-Jacketed Kettle, **Temp** 350°F (177°C)  
**Each Portion** 5 OZ **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**

COOKING SPRAY, NONSTICK  
 SAUCE, GENERAL TSO, RTU  
 CHICKEN NUGGETS (VEGAN)  
 VEG, BROCCOLI  
 SPICE, SESAME SEED

**Weight**

0 lbs 2 oz  
 10 lbs 6 oz  
 25 lbs  
 4 lbs  
 1 1/4 oz

**Measure**

4 tbsp 1/2 tsp  
 10 gal 1 qt 1 pt  
 2 qt 1 pt 1 c 10 tbsp 1/4 tsp  
 3 tbsp 2 3/4 tsp

**Approx. Issue**

**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. Steam broccoli 12-15 minutes or until tender. Set aside for use in Step 3.
3. Combine sauce and chicken nuggets (vegan) in a large mixing bowl. Mix lightly but thoroughly. Place in 12 x 20 x 4-inch steam table pan. Garnish with broccoli florets and sesame seeds
4. Serve immediately or CP: Hold at 135°F (57°C) for hot service.
5. EACH PORTION: 5 oz.

**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 “Orange 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 “Orange Chicken (vegetarian)”.

