

# Introducing

★★★★★  
**Kahiki**  
SINCE 1961

## 52 OZ GENERAL TSO'S CHICKEN

***With Premium Fried Rice***

This delicious Asian meal kit comes complete with separate bags of lightly-coated tempura cuts of all-natural, white chicken meat and premium vegetable fried rice. Our zesty General Tso's sauce pouches complement this hearty entrée. Serve the most popular Asian entrée with little labor in a matter of minutes. Let east meet west on your menu by serving the "General". Each meal kit serves four to five people.





# 52 OZ GENERAL TSO'S CHICKEN

**With Premium Fried Rice**

**FOR BEST QUALITY AND FOOD SAFETY,  
FOLLOW THESE COOKING INSTRUCTIONS:**

**KEEP FROZEN UNTIL READY TO USE**

**COOK THOROUGHLY TO 165°F BEFORE EATING**

**SINCE OVENS VARY, COOKING TIME AND TEMPERATURE MAY  
REQUIRE ADJUSTMENT**

Remove pouches from carton and carefully separate pouches  
with scissors.

## CHICKEN NUGGETS

### CONVENTIONAL OVEN (for best results)

1. Preheat oven to 400°F, open plastic pouch and remove chicken and sauce pouch.
2. Allow sauce pouch to thaw by running under hot water.
3. Spread nuggets onto a foil lined baking sheet and place on top rack of oven.
4. Bake for 15-18 minutes or until heated through. For even browning, turn nuggets after 7 minutes.
5. Carefully remove baking sheet with chicken from oven.
6. Drizzle sauce over heated chicken pieces and enjoy!

## FRIED RICE

### MICROWAVE OVEN

1. Poke holes in the corners of package and one on top of pouch for proper ventilation.
2. Place pouch on microwave safe plate.
3. Microwave on high setting for 14-16 minutes shaking bag halfway through cooking cycle.
4. Carefully remove from microwave. Serve in bowl beside nuggets and sauce.
5. Enjoy!

**ALWAYS USE POTHOLDERS OR OVEN MITTS WHEN  
HANDLING HOT ITEMS.**

## Nutrition Facts

	Chicken & Sauce		Fried Rice	
Serving Size	85g and 1/4 Cup sauce (142g)		1 Cup (150g)	
Servings Per Container	About 5		5	
<b>Amount Per Serving</b>				
<b>Calories</b>	230		200	
Calories from Fat	50		40	
	<b>% Daily Value*</b>		<b>% Daily Value*</b>	
<b>Total Fat</b>	6g	<b>9%</b>	4.5g	<b>7%</b>
Saturated Fat	1g	<b>5%</b>	1g	<b>5%</b>
Trans Fat	0g		0g	
<b>Cholesterol</b>	10mg	<b>3%</b>	10mg	<b>3%</b>
<b>Sodium</b>	860mg	<b>36%</b>	580mg	<b>24%</b>
<b>Total Carbohydrate</b>	35g	<b>12%</b>	34g	<b>11%</b>
Dietary Fiber	1g	<b>4%</b>	1g	<b>4%</b>
Sugars	13g		2g	
<b>Protein</b>	7g		6g	
* 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		
Sat Fat	Less than 20g	25g		
Cholesterol	Less than 300mg	300mg		
Sodium	Less than 2,400mg	2,400mg		
Total Carbohydrate	300g	375g		
Dietary Fiber	25g	30g		
Calories per gram:				
Fat 9 • Carbohydrate 4 • Protein 4				
	Vitamin A	2%	Vitamin A	20%
	Vitamin C	0%	Vitamin C	2%
	Calcium	4%	Calcium	2%
	Iron	8%	Iron	10%

**INGREDIENTS:** COOKED RICE, EGG PRODUCT (WHOLE EGGS, SKIM MILK, SOYBEAN OIL, CORN STARCH, SALT, XANTHAN GUM, CITRIC ACID), EDAMAME, PEAS, CARROTS, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, MALTODEXTRIN), SESAME OIL, VEGETABLE OIL (SOYBEAN, CORN, AND/OR SUNFLOWER OIL), MALTODEXTRIN, DEXTROSE, YEAST EXTRACT, SALT, CARMEL COLOR, SOY LECITHIN, XANTHAN GUM, CELLULOSE GUM, CITRIC ACID, SUNFLOWER OIL, SILICON DIOXIDE.  
**TEMPURA CHICKEN:** CHICKEN WHITE MEAT, WATER, SALT, POTATO AND/OR CORN STARCH, YEAST EXTRACT, SPICES. **COATING:** WATER, WHEAT FLOUR, (NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN STARCH, VEGETABLE OIL (SOYBEAN, CORN, AND/OR SUNFLOWER OIL), LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), SALT, EGGS, YEAST EXTRACT. **SAUCE:** WATER, BROWN SUGAR, SOY SAUCE (WATER, WHEAT, SOYBEAN, SALT), BROWN RICE MISO PASTE (SOYBEAN, KOJI-ASPERGILLUS ORYZAE), SEA SALT, WELL WATER), CORNSTARCH, MOLASSES, WINE VINEGAR, WHITE WINE, GINGER, GARLIC, YEAST EXTRACT, SPICES, XANTHAN GUM, SALT, POTATO POWDER, BLACK BEAN PASTE (BLACK SOYBEANS, WATER, SALT, ASPERGILLUS ORYZAE), FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID).

**CONTAINS: EGG, MILK, SOY, WHEAT.**