



Dysphagia Friendly Sweet & Sour Chicken





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IDDSI LEVELS   

NUTRITION

Serving Size:
1/2 cup pureed rice,
1/2 cup chicken
mixture, 1/2 portion
pureed pineapple
shape, 1Tbsp
additional sauce

Calories: 470

Total Fat: 15g

Saturated Fat: 3.5g

Trans Fat: 0g

Cholesterol: 65mg

Sodium: 900mg

Total Carbs: 69g

Dietary Fiber: <1g

Total Sugars: 46g

Added Sugars: 43g

Protein: 16g

Calcium: 4% DV

Vitamin D: 0% DV

Iron: 4% DV

Potassium: 0% DV

INGREDIENTS

	1 SERVING	6 SERVINGS	12 SERVINGS
THICK & EASY® Level 5 Minced Chicken , thawed Item 114402	1/2 cup	3 cups (1 bag)	1 1/2 quart (2 bags)
Prepared Sweet & Sour Sauce	1/4 Cup	1 1/2 cups	3 cups
THICK & EASY® Frozen Pureed Shaped Pineapple , thawed Item 28170	1/2 of a 2.5 oz portion	3 – 2.5 oz portions	6 – 2.5 oz portions
THICK & EASY® IDDSI Level 4 Pureed Rice , thawed Item 114400	1/2 cup	3 cups	1 1/2 quarts
Prepared Sweet & Sour Sauce (for garnish)	As needed ~1 Tbsp.	As needed ~1 Tbsp. per serving	As needed ~1 Tbsp. per serving

DIRECTIONS

1. Stir together thawed **THICK & EASY® Level 5 Minced Chicken** and sweet & sour sauce. Heat to 165°F.
(Always test for Level 5 using IDDSI guidelines. If needed, add a small amount of **THICK & EASY® Instant Food & Beverage Thickener** to achieve desired consistency.)
2. Cut thawed **THICK & EASY® Frozen Pureed Shaped Pineapple** into bite sized pieces.
3. Heat **THICK & EASY® IDDSI Level 4 Pureed Rice** to 165°F per package instructions.

HOW TO SERVE

4. Portion 1/2 cup of pureed rice onto bowl or plate. (Use a handheld ricer to achieve more realistic rice appearance)
5. Portion 1/2 cup of chicken mixture on top of rice. (Try portioning in 1 Tbsp dollops to achieve the appearance of a chicken cubes.)
6. Place diced pineapple pieces on top of rice.
7. Garnish with additional sweet & sour sauce.

Serving Suggestion: If desired, add carrots to the dish by portioning 1/3 cup **THICK & EASY® Bulk Pureed Carrots** (thawed & heated) or 1 -3 oz **THICK & EASY® Pureed Shaped Carrot Portion** (thawed & heated) per serving on top of rice in addition to the chicken and pineapple.