

LYONS  
**THICK  
& EASY®**

## Dysphagia-Friendly Sweet & Sour Chicken







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IDDSI LEVELS **5** **6** **7**



## INGREDIENTS

	1 Serving	6 Servings	12 Servings
<b>THICK &amp; EASY® Level 5 Minced Chicken</b> , 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
<b>THICK &amp; EASY® Frozen Pureed Shaped Pineapple</b> , thawed Item 28170	1/2 of a 2.5 oz portion	3 – 2.5 oz portions	6 – 2.5 oz portions
<b>THICK &amp; EASY® IDDSI Level 4 Pureed Rice</b> , 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

## 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

## 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.