

# Barbecue chicken on bun

<b>Servings:</b>	350.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Complex Food Prep

Barbecue chicken on bun

## Nutrition Information

<b>Calories</b>	183.86	<b>Protein</b>	9.62g
<b>Fat</b>	3.21g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	67.33mg
<b>Carbohydrates</b>	17.76g	<b>Fiber</b>	0.00g
<b>Sugar</b>	16.30g	<b>Sodium</b>	391.89mg
<b>Iron</b>	0.36mg	<b>Vitamin C</b>	2.96mg
<b>Vitamin A</b>	182.90IU	<b>Calcium</b>	1.29mg

## Ingredients

**70 Pound** Chicken, diced, cooked, frozen

Thaw a couple of days before cooking. Cooking day bring to a boil, drain and add barbecue ingredients.

**105 Fluid Ounce** KETCHUP CAN 33% FCY 6-10 CRWNCOLL

**2 Gallon** SAUCE BBQ 4-1GAL SWTBRAY

**32 Fluid Ounce** SUGAR BROWN LT 12-2# GFS

## Preparation Instructions

Cook chicken to a rolling boil. Drain and evenly divide among steam table pans.

Mix ketchup, brown sugar, and barbecue sauce and a bowl. Add to chicken, stir, cover and bake at 400 degrees until it reaches an internal temp of 165 or higher.