

Chicken Sticks

Servings:	1.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Made from a blend of chopped dark and white meat chicken, these stick-shaped fritters feature a 51 percent, whole grain breading.

Nutrition Information

Calories	230.00	Protein	13.00g
Fat	13.00g	SaturatedFat	2.50g
Trans Fat	0.00g	Cholesterol	20.00mg
Carbohydrates	14.00g	Fiber	2.00g
Sugar	1.00g	Sodium	340.00mg
Iron	1.80mg	Vitamin C	0.00mg
Vitamin A	100.00IU	Calcium	40.00mg

Ingredients

7 Each CHIX STIX WGRAIN FC .43Z 6-5# TYS

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Preparation Instructions