

# Chicken Shakers w/Rice

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Complex Food Prep

Chicken Shakers w/Rice (HS)

## Nutrition Information

<b>Calories</b>	598.00	<b>Protein</b>	22.00g
<b>Fat</b>	18.00g	<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	81.00mg
<b>Carbohydrates</b>	62.50g	<b>Fiber</b>	5.00g
<b>Sugar</b>	7.00g	<b>Sodium</b>	717.00mg
<b>Iron</b>	2.82mg	<b>Vitamin C</b>	0.86mg
<b>Vitamin A</b>	219.80IU	<b>Calcium</b>	18.80mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>1 Tablespoon</b>	838090	SAUCE REDHOT SWT CHILI 4-.5GAL FRNKS	
<b>10 Each</b>	666232	CHIX POPCORN BRD WGRAIN DRK CKD 30#	BAKE  FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.
<b>1/4 Cup</b>	516371	RICE BRN PARBL WGRAIN 25 GCHC	BOIL  Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.
<b>1 roll</b>	4372	Whole Grain Dinner Roll	BAKE

## Preparation Instructions