

# Chicken Filet On WG Bun 7-12

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Each
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Chicken Filet On WG Bun 7-12

## Nutrition Information

<b>Calories</b>	330.00	<b>Protein</b>	24.00g
<b>Fat</b>	11.00g	<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	45.00mg
<b>Carbohydrates</b>	34.00g	<b>Fiber</b>	8.00g
<b>Sugar</b>	3.00g	<b>Sodium</b>	415.00mg
<b>Iron</b>	2.16mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	40.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	525480	CHIX BRST BRD CKD WGRAIN 3.75Z 4-7.5	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.
1	517810	BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	

# Preparation Instructions

BAKE

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes. Internal Temperature of 155 Degrees

Place Cooked Chicken Filet on a WG Hamburger bun wrap in foil sheet and place in warmer until ready to serve.

Serve at 135 degrees or greater