

BBQ Chicken Drumstick

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BBQ CKD 4.4Z 10 TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 35 - 40 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 20 - 25 minutes at 325°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Place drumsticks on a microwave safe plate and heat on HIGH for the following (rotate and turn over drumsticks halfway through total cook time): 1 drumstick = 3 to 4 minutes 2 drumsticks = 5 to 6 minutes 3 drumsticks = 7 to 9 minutes 4 drumsticks = 10 to 11 minutes	209279

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.75
Grain	0.00
Fruit	0.00

GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
 Serving Size: 1.00 Serving

Amount Per Serving

Calories	140.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	570.00mg		
Carbohydrates	6.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	12.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg