

Chicken Drumsticks

| | | | |
|----------------------|---------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-46767 |
| School: | Highland Elementary | | |

Ingredients

| Description | Measurement | DistPart # |
|----------------------------|-------------|------------|
| CHIX DRMSTX BRD WGRAIN CKD | 1 Piece | 603391 |

Preparation Instructions

BAKE

CONVECTION

Preparation: Appliances vary, adjust accordingly.

Convection Oven

1. Preheat oven to 350°F.
2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.
3. Heat for 25-30 minutes or until internal temperature reaches 165 degrees F or Greater.

For best performance hold on a sheet pan, uncovered, with a wire rack, at 135 degrees F or greater until service

Serving size: 1 drumstick

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.000 |
| Grain | 0.500 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 220.00 |
| Fat | 13.00g |
| SaturatedFat | 3.00g |
| Trans Fat | 0.00g |
| Cholesterol | 60.00mg |
| Sodium | 530.00mg |
| Carbohydrates | 6.00g |
| Fiber | 1.00g |
| Sugar | 0.00g |
| Protein | 19.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 14.00mg | Iron 1.00mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available