

Chicken and Waffles



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48008

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC	3 Piece	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.	283951
WAFFLE DUTCH WGRAIN 5IN	1 Each		607351
SUGAR POWDERED 10X 12-2 PION	1 Teaspoon		859740
SYRUP PANCK DIET CUP	1 Each		666785

Preparation Instructions

Dutch Waffle:

Oven: Preheat to 450 degrees F. Bake for 3-4 minutes. Once heated, dust with confectioners' sugar.

Chicken Tenders:

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN.

Serve one Dutch waffle, dusted with powdered sugar and 3 chicken tenders. Offer one pancake syrup cup and one honey mustard cup.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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	594.00
Fat	28.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	820.00mg
Carbohydrates	69.00g
Fiber	6.00g
Sugar	18.80g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 76.00mg	Iron 3.80mg

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

Nutrition - Per 100g

No 100g Conversion Available