

# Fried Chicken with Roll

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45072
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX THGH & DRMSTX BRD 8-4# GLDCRK	1 Piece	CONVECTION Cook at 350 degrees for 14 minutes or until internal temperature of 165 degrees is reached.	994551
ROLL WHE WGRAIN BKD 72-2Z MAKTCH	1 Each	Basic Preparation THAW AND BAKE AT 350 DEGREES FOR 3-4 MINUTES OR DESIRED COLOR. BAKE IN CONVECTION OVEN FOR 1-2 MINUTES. ROLLS MAKE BE BAKED FROM FROZEN STATE FOR 8 MINUTES.	536890

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	370.00		
<b>Fat</b>	16.50g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	80.00mg		
<b>Sodium</b>	570.00mg		
<b>Carbohydrates</b>	43.00g		
<b>Fiber</b>	8.00g		
<b>Sugar</b>	10.00g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	2.52mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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