

Spicy Chix Tenders with Dinner Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48648
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL WGRAIN	1 Each	Basic Preparation PAN IN 48 CLUSTERS OR 24 (4X6) SINGLES ON A LINED SHEET PAN. ONCE THAWED, PROOF FOR 50 MINUTES IN RETARDER. BAKE AT 375°F IN DECK OVEN FOR 12-14 MINUTES OR CONVECTION OVEN FOR 10-12 MINUTES.	237702
SAUCE BUFF WNG REDHOT	1/2 Tablespoon		704229
Chicken Breast Tenderloins WG Fully Cooked	3 Each	BAKE CONVENTIONAL OVEN 20 MIN @350. CONVECTION OVEN 14 MIN @350	792441

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
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	300.00		
Fat	8.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	815.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	2.00g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.06mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available