

# Spicy Chicken Tenders with Macaroni and Cheese

|                      |              |                       |                  |
|----------------------|--------------|-----------------------|------------------|
| <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-44318          |

## Ingredients

| Description                               | Measurement | Prep Instructions   | DistPart # |
|---|-------------|---|------------|
| Cheesy Macaroni                           | 1 Serving   | 1. Boil the noodles according to package instructions. 2. Drain the noodles. 3. Heat milk, cheese sauce, shred cheese, butter, and pepper in a pot till melted. Add pasta, stir, and divide into steam table pans that have been lightly sprayed. 4. Cover pans with foil for service. Divide into pans for hot service at 135 F or above. Serve online with a 4oz scoop. | R-45092    |
| CHIX BRST TNDR<br>BRD WGRAIN 4.5Z<br>8-4# | 3 Piece     | Basic Preparation<br>Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at 350 degrees F   | 202490     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 3.000 |
| <b>Grain</b>    | 2.000 |
| <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>      | 455.48   |
| <b>Fat</b>           | 17.53g   |
| <b>SaturatedFat</b>  | 6.54g    |
| <b>Trans Fat</b>     | 0.00g    |
| <b>Cholesterol</b>   | 94.14mg  |
| <b>Sodium</b>        | 843.72mg |
| <b>Carbohydrates</b> | 38.54g   |
| <b>Fiber</b>         | 3.00g    |
| <b>Sugar</b>         | 3.77g    |
| <b>Protein</b>       | 33.36g   |
| <b>Vitamin A</b>     | 298.46IU |
| <b>Vitamin C</b>     | 0.00mg   |
| <b>Calcium</b>       | 176.50mg |
| <b>Iron</b>          | 2.90mg   |

\*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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