

Chicken Parmesan

Servings:	1.00	Category:	Entree
Serving Size:	1.00 PATTY	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50388

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861
Redpack Marinara Sauce, with Spices, Fully Prepared, #10, 10 Can Sz Can, 6/Case	2 Fluid Ounce		592714
CHEESE BLND 3-CHS SHRD FTNR	1/4 Cup		654108

Preparation Instructions

Bake chicken per instructions, heat sauce to proper temp, top with cheese and allow to melt in warmer.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.360
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 PATTY

Amount Per Serving			
Calories	290.00		
Fat	17.00g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	590.00mg		
Carbohydrates	14.00g		
Fiber	2.00g		
Sugar	0.00g		
Protein	21.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	212.00mg	Iron	1.80mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available
