

# Spicy Chix Tenders with Dinner 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-48648          |
| <b>School:</b>       | Walton-Verona High School |                       |                  |

## Ingredients

| Description                                | Measurement    | Prep Instructions   | DistPart # |
|--|----------------|---|------------|
| DOUGH ROLL WGRAIN                          | 1 Each         | Basic Preparation<br>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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <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

| <b>Amount Per Serving</b> |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Calories</b>           | 300.00   |                  |        |
| <b>Fat</b>                | 8.50g    |                  |        |
| <b>SaturatedFat</b>       | 1.50g    |                  |        |
| <b>Trans Fat</b>          | 0.00g    |                  |        |
| <b>Cholesterol</b>        | 65.00mg  |                  |        |
| <b>Sodium</b>             | 815.00mg |                  |        |
| <b>Carbohydrates</b>      | 28.00g   |                  |        |
| <b>Fiber</b>              | 4.00g    |                  |        |
| <b>Sugar</b>              | 2.00g    |                  |        |
| <b>Protein</b>            | 25.00g   |                  |        |
| <b>Vitamin A</b>          | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 7.06mg   | <b>Iron</b>      | 0.72mg |

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

## Nutrition - Per 100g

No 100g Conversion Available