

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