

PARMESAN CHICKEN BREAST

NO IMAGE

Servings:	104.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21431
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BNLS SKNLS TRAY	104 Each		268127
BUTTER PRINT SLTD GRD AA	3 1/4 Pound		191205
MUSTARD DIJON SQZ	1/2 Cup		142379
BREAD CRUMB FINE UNSEAS	3 Quart 1 Cup (13 Cup)	UNPREPARED See Package Instructions	175671
SAUCE WORCESTERSHIRE	1/4 Cup		109843
CHEESE PARM GRTD	1 Quart 1 Pint 1/2 Cup (6 1/2 Cup)		445401

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 104.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	309.12
Fat	16.46g
SaturatedFat	9.25g
Trans Fat	0.00g
Cholesterol	104.44mg
Sodium	466.56mg
Carbohydrates	10.50g
Fiber	0.35g
Sugar	0.50g
Protein	28.55g
Vitamin A 0.00IU	Vitamin C 2.27mg
Calcium 74.25mg	Iron 2.41mg

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

Nutrition - Per 100g

No 100g Conversion Available