

LOCALLY GROWN GOLDEN BAKED CHICKEN

NO IMAGE

Servings:	3.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31813
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Thigh	1 Pound		
BUTTER PRINT SLTD GRD AA	1/2 Pound		191205
VINEGAR APPLE CIDER 5	1/2 Cup		430795
Tap Water for Recipes	1/2 Cup	UNPREPARED	000001WTR
SALT IODIZED	1 Fluid Ounce		350732
SPICE PEPR BLK REG FINE GRIND	1 1/2 Teaspoon		225037
SAUCE WORCESTERSHIRE	1 Fluid Ounce		109843

Preparation Instructions

Bring to a boil all ingredients except chicken. Pour over the chicken and let marinate for at least 30 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	5.330
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: 3.00

Serving Size: 2.00 Each

Amount Per Serving			
Calories	752.80		
Fat	72.00g		
SaturatedFat	41.33g		
Trans Fat	0.00g		
Cholesterol	280.00mg		
Sodium	5639.52mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	25.33g		
Vitamin A	0.21IU	Vitamin C	0.21mg
Calcium	2.00mg	Iron	0.69mg

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

Nutrition - Per 100g

No 100g Conversion Available