

OVEN FRIED CHICKEN BREAST OR THIGH

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35511
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRD WGRAIN STHR N B/I	3 1/4 Ounce		258610

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	227.50
Fat	15.17g
SaturatedFat	3.79g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	476.67mg
Carbohydrates	7.58g
Fiber	1.08g
Sugar	1.08g
Protein	16.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.83mg	Iron 0.76mg

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

Nutrition - Per 100g

No 100g Conversion Available