

# Smothered Chicken



|                      |                |                       |                  |
|----------------------|----------------|-----------------------|------------------|
| <b>Servings:</b>     | 100.00         | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Cup       | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch          | <b>Recipe ID:</b>     | R-51195          |
| <b>School:</b>       | Garden Prairie |                       |                  |

## Ingredients

| Description             | Measurement    | Prep Instructions  | DistPart # |
|-------------------------|----------------|--|------------|
| CHIX BRST FLLT GRLLD FC | 100 Each       | <b>BAKE</b><br>Appliances vary, adjust accordingly.<br>Conventional Oven<br>12-14 minutes at 350°F from frozen.<br><b>CONVECTION</b><br>Appliances vary, adjust accordingly.<br>Convection Oven<br>9-11 minutes at 350°F from frozen.<br><b>MICROWAVE</b><br>Appliances vary, adjust accordingly.<br>Microwave<br>Microwave on full power for 2 minutes from frozen. | 209244     |
| SPICE GARLIC POWDER     | 2 1/2 Teaspoon |  | 224839     |

| Description                 | Measurement    | Prep Instructions | DistPart # |
|-----------------------------|----------------|-------------------|------------|
| SPICE ONION POWDER          | 2 1/2 Teaspoon |                   | 126993     |
| SPICE PEPR RED CAYENNE GRND | 2 1/2 Teaspoon |                   | 225088     |
| SPICE PAPRIKA               | 2 1/2 Teaspoon |                   | 518331     |
| SALT IODIZED                | 2 1/2 Teaspoon |                   | 125557     |
| PEPPERS ASST RNBW           | 12 Pound       | sliced            | 266985     |
| ONION YELLOW JUMBO          | 4 Pound        | sliced            | 109620     |
| GRAVY MIX CHIX              | 2 Package      |                   | 242390     |

## Preparation Instructions

1. Preheat Oven to 325 degrees.
  2. Spray enough sheet pans to place all of the frozen chicken breast on a single layer onto the sheet pans.
  3. Mix seasonings ( garlic powder, Onion powder, cayenne pepper, and salt in a bowl)
  4. Bake chicken in a preheated oven until internal temperatures reach 165 degrees.
  5. Transfer cooked chicken to steam table pans, cover and keep warm.
  6. Make gravy per Package directions.
- Place chopped vegetables on top of chicken, pour gravy over all, evenly.
7. Tightly cover pans and return to the oven and bake until the internal temperature is 135 degrees or higher.
- CCP: Hot hot for service at 135 degrees or higher.
- \* Recipe can add 4# of sliced white mushrooms as well.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.250 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

| Amount Per Serving        |                          |
|---------------------------|--------------------------|
| <b>Calories</b>           | 153.13                   |
| <b>Fat</b>                | 5.78g                    |
| <b>SaturatedFat</b>       | 1.50g                    |
| <b>Trans Fat</b>          | 0.00g                    |
| <b>Cholesterol</b>        | 50.00mg                  |
| <b>Sodium</b>             | 1076.45mg                |
| <b>Carbohydrates</b>      | 10.96g                   |
| <b>Fiber</b>              | 0.70g                    |
| <b>Sugar</b>              | 3.39g                    |
| <b>Protein</b>            | 14.37g                   |
| <b>Vitamin A</b> 560.04IU | <b>Vitamin C</b> 24.14mg |
| <b>Calcium</b> 6.60mg     | <b>Iron</b> 0.12mg       |

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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