

# Italian Chicken & Rice



<b>Servings:</b>	70.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49409

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	10 Pound	Use commodity whenever available.	570533
DRESSING ITAL GLDN	1 3/4 Cup	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep, making it easy to customize with simple herbs and spices, like red pepper flakes or garlic. Create new flavorful salads or a flavorful new marinade for your sirloin steak.	257885
RICE PARBL STRONGBOX	3 Quart	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	722987
Whole Grain Rich Cluster Pan Rolls	70 Each	READY_TO_EAT	3920

## Preparation Instructions

Divide 10# chicken among two hotel pans.

Pour dressing over the top to coat, almost 1/2 gallon total.

Cover and refrigerate to marinate overnight.

The next morning:

Place 3 qts of dry rice in a 4" hotel pan. Cover and bake according to directions.

Drain chicken so the

Spread chicken out a lined sheet pan.

Bake for 350 for 12 minutes.

Assemble 1/2 cup rice in a bowl, and scoop #10 scoop of chicken

### Meal Components (SLE)

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	319.62		
<b>Fat</b>	7.41g		
<b>SaturatedFat</b>	1.54g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	41.90mg		
<b>Sodium</b>	294.43mg		
<b>Carbohydrates</b>	41.53g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	2.40g		
<b>Protein</b>	19.46g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	4.28mg	<b>Iron</b>	5.45mg

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

### Nutrition - Per 100g

No 100g Conversion Available