

Italian Chicken & Rice

NO IMAGE

Servings:	70.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 70.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available