

OVEN FRIED CHICKEN DRUMSTICK WITH GARLIC CHEESE BISCUIT



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20150
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	2 Piece	<p>BAKE</p> <p>Preparation: Appliances vary, adjust accordingly.</p> <p>Conventional Oven</p> <ol style="list-style-type: none">1. Preheat oven to 375°F.2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.3. Heat for 35-40 minutes. <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p>CONVECTION</p> <p>Preparation: Appliances vary, adjust accordingly.</p> <p>Convection Oven</p> <ol style="list-style-type: none">1. Preheat oven to 350°F.2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.3. Heat for 25-30 minutes <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p>	603391
DOUGH BISC GARL CHS	1 Each	<p>BAKE</p> <p>Standard Prep: Place 70 frozen biscuits on greased or parchment lined full sheet pan in 7x10 pattern. Bake time 14-18 minutes in 325 degrees F convection oven. See package for complete baking instructions.</p>	142210

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	1.500
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		550.00	
Fat		31.00g	
SaturatedFat		8.50g	
Trans Fat*		0.00g	
Cholesterol		120.00mg	
Sodium		1440.00mg	
Carbohydrates		25.00g	
Fiber		2.00g	
Sugar		1.00g	
Protein		40.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.00mg	Iron	2.80mg

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

Nutrition - Per 100g

No 100g Conversion Available