

# LOCALLY GROWN GOLDEN BAKED CHICKEN



|               |                        |                |                  |
|---------------|------------------------|----------------|------------------|
| Servings:     | 3.00                   | Category:      | Entree           |
| Serving Size: | 2.00 Each              | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                  | Recipe ID:     | R-31813          |
| School:       | Manchester High School |                |                  |

## Ingredients

| Description                   | Measurement    | Prep Instructions | DistPart # |
|-------------------------------|----------------|-------------------|------------|
| Chicken Thigh                 | 1 Pound        |                   |            |
| BUTTER PRINT SLTD GRD AA      | 1/2 Pound      |                   | 191205     |
| VINEGAR APPLE CIDER 5         | 1/2 Cup        |                   | 430795     |
| Tap Water for Recipes         | 1/2 Cup        | UNPREPARED        | 000001WTR  |
| SALT IODIZED                  | 1 Fluid Ounce  |                   | 350732     |
| SPICE PEPR BLK REG FINE GRIND | 1 1/2 Teaspoon |                   | 225037     |
| SAUCE WORCESTERSHIRE          | 1 Fluid Ounce  |                   | 109843     |

## Preparation Instructions

Bring to a boil all ingredients except chicken. Pour over the chicken and let marinate for at least 30 minutes.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 5.330 |
| <b>Grain</b>    | 0.000 |
| <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: 3.00

Serving Size: 2.00 Each

| Amount Per Serving   |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      |        | 752.80           |        |
| <b>Fat</b>           |        | 72.00g           |        |
| <b>SaturatedFat</b>  |        | 41.33g           |        |
| <b>Trans Fat*</b>    |        | 0.00g            |        |
| <b>Cholesterol</b>   |        | 280.00mg         |        |
| <b>Sodium</b>        |        | 5639.52mg        |        |
| <b>Carbohydrates</b> |        | 0.00g            |        |
| <b>Fiber</b>         |        | 0.00g            |        |
| <b>Sugar</b>         |        | 0.00g            |        |
| <b>Protein</b>       |        | 25.33g           |        |
| <b>Vitamin A</b>     | 0.21IU | <b>Vitamin C</b> | 0.21mg |
| <b>Calcium</b>       | 2.00mg | <b>Iron</b>      | 0.69mg |

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

## Nutrition - Per 100g

No 100g Conversion Available