

OVEN FRIED CHICKEN BREAST OR THIGH



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35511
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRD WGRAIN STHRN B/I	3 1/4 Ounce		258610

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
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		227.50	
Fat		15.17g	
SaturatedFat		3.79g	
Trans Fat*		0.00g	
Cholesterol		65.00mg	
Sodium		476.67mg	
Carbohydrates		7.58g	
Fiber		1.08g	
Sugar		1.08g	
Protein		16.25g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.83mg	Iron	0.76mg

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

Nutrition - Per 100g

No 100g Conversion Available