

# Chicken Smackers



|               |                           |                |                  |
|---------------|---------------------------|----------------|------------------|
| Servings:     | 1.00                      | Category:      | Entree           |
| Serving Size: | 10.00 Each                | HACCP Process: | Same Day Service |
| Meal Type:    | Lunch                     | Recipe ID:     | R-8450           |
| School:       | Central Elementary School |                |                  |

## Ingredients

| Description                  | Measurement | Prep Instructions   | DistPart # |
|------------------------------|-------------|---|------------|
| CHIX PCORN LRG<br>WGRAIN CKD | 10 Each     | BAKE<br>FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F;<br>CONVECTION OVEN FOR 6-8 MINUTES AT 350F. | 536620     |

## Preparation Instructions

BAKE  
FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350 F; CONVECTION OVEN FOR 6-8 MINUTES AT 350 F. Deep fry at 350 degrees until it reaches 165 degrees.

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 1.000 |
| <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: 1.00

Serving Size: 10.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      |          | 270.00           |        |
| <b>Fat</b>           |          | 13.00g           |        |
| <b>SaturatedFat</b>  |          | 3.00g            |        |
| <b>Trans Fat*</b>    |          | 0.00g            |        |
| <b>Cholesterol</b>   |          | 70.00mg          |        |
| <b>Sodium</b>        |          | 480.00mg         |        |
| <b>Carbohydrates</b> |          | 19.00g           |        |
| <b>Fiber</b>         |          | 3.00g            |        |
| <b>Sugar</b>         |          | 0.00g            |        |
| <b>Protein</b>       |          | 19.00g           |        |
| <b>Vitamin A</b>     | 200.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 20.00mg  | <b>Iron</b>      | 1.44mg |

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

## Nutrition - Per 100g

No 100g Conversion Available