

Chicken Drumstick



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-17406

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	1 Piece	<p>BAKE Preparation: Appliances vary, adjust accordingly. 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 Preparation: Appliances vary, adjust accordingly. 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

Preparation Instructions

BAKE
Preparation: Appliances vary, adjust accordingly.
Conventional Oven

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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.

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For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

CONVECTION

Preparation: Appliances vary, adjust accordingly.

Convection Oven

- 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

For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

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	
Meat	2.000
Grain	0.750
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 Serving			
Amount Per Serving			
Calories		220.00	
Fat		13.00g	
SaturatedFat		3.00g	
Trans Fat*		0.00g	
Cholesterol		60.00mg	
Sodium		530.00mg	
Carbohydrates		6.00g	
Fiber		1.00g	
Sugar		0.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available