

Chicken Parmesan

Servings:	1.00	Category:	Entree
Serving Size:	1.00 PATTY	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50388

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z	1 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861
Redpack Marinara Sauce, with Spices, Fully Prepared, #10, 10 Can Sz Can, 6/Case	4 Tablespoon		592714
CHEESE BLND 3-CHS SHRD FTHR	4 Tablespoon		654108

Preparation Instructions

Bake chicken per instructions, heat sauce to proper temp, top with cheese and allow to melt in warmer.

Meal Components (SLE)

Amount Per Serving	
Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	3.120
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 PATTY			
Amount Per Serving			
Calories		470.00	
Fat		23.00g	
SaturatedFat		6.50g	
Trans Fat*		0.00g	
Cholesterol		60.00mg	
Sodium		2270.00mg	
Carbohydrates		42.00g	
Fiber		10.00g	
Sugar		16.00g	
Protein		29.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	308.00mg	Iron	5.80mg

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

Nutrition - Per 100g

No 100g Conversion Available
