

Crispy Chicken Tenders

Servings:	150.00	Category:	Entree
Serving Size:	3.00 Tenders	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57033

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC	450 Each		283951

Preparation Instructions

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY.

CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN.

CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 3.00 Tenders

Amount Per Serving	
Calories	260.00
Fat	15.00g
Saturated Fat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	390.00mg
Carbohydrates	16.00g
Fiber	3.00g
Total Sugar	1.00g
Added Sugar	1.00g
Protein	15.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 36.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available