

# Crispy Chicken Tenders

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR 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

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

### Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 3.00 Tenders

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

### Nutrition - Per 100g

No 100g Conversion Available