

# Chicken Drumstick

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX THGH & DRMSTX BRD 8-4# GLDCRK	1 Piece	Cook approximately 25 minutes @ 375. Please note: cooking times may vary based on equipment.	994551

## Preparation Instructions

Heat in oven.

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

CCP: Hold for hot service at 135° F or

### Meal Components

Amount Per Serving

	Amount
<b>Meat/Meat Alternate</b>	3.000
<b>Grain</b>	0.500
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	230.00		
<b>Fat</b>	14.00g		
<b>Saturated Fat</b>	3.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	75.00mg		
<b>Sodium</b>	490.00mg		
<b>Carbohydrates</b>	11.00g		
<b>Fiber</b>	1.00g		
<b>Total Sugar</b>	0.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	20.00mg	<b>Iron</b>	1.08mg

### Nutrition - Per 100g

No 100g Conversion Available