

# Chicken Smackers & Donut Holes



<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>	Breakfast	<b>Recipe ID:</b>	R-10081
<b>School:</b>	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
DONUT HOLE YST RSD WGRAIN FZ	3 Each		583292

## Preparation Instructions

Popcorn Chicken

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

Donut Holes

1. Place on lined sheet pan and thaw for 30-60 minutes at room temperature.
2. Heat in oven at 375 F for 2-3 minutes.

3. Finish: Glaze or roll in granulated sugar immediately, or ice when cool

CCP: Heat to 135 F or higher.

### Meal Components

Amount Per Serving

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<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	1.700
<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

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<b>Amount Per Serving</b>			
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<b>Calories</b>	145.30		
<b>Fat</b>	6.93g		
<b>Saturated Fat</b>	1.69g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	254.29mg		
<b>Carbohydrates</b>	10.88g		
<b>Fiber</b>	1.61g		
<b>Total Sugar</b>	0.30g		
<b>Added Sugar</b>	0.27g		
<b>Protein</b>	9.72g		
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<b>Vitamin A</b>	100.03mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.66mg	<b>Iron</b>	0.79mg

### Nutrition - Per 100g

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No 100g Conversion Available

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