

Popcorn Chicken



Servings:	113.00	Category:	Entree
Serving Size:	4.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53359

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Breaded Popcorn Chicken	512 Ounce	113 serving per case = 4.5oz approximately 10 pieces	260419

Preparation Instructions

Gold Creek Foods recommends baking at 375°F for about 14 minutes, but cooking times may vary. A conventional oven at 400°F for 8-10 minutes or 350°F for 20 minutes is also an option. Convection ovens can cook it in 6-8 minutes at 375°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.250
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: 113.00

Serving Size: 4.50 Ounce

Amount Per Serving			
Calories	67.96		
Fat	3.02g		
Saturated Fat	0.57g		
Trans Fat	0.00g		
Cholesterol	13.22mg		
Sodium	154.81mg		
Carbohydrates	4.15g		
Fiber	0.38g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	5.66g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	6.80mg	Iron	0.38mg

Nutrition - Per 100g

Calories	53.28		
Fat	2.37g		
Saturated Fat	0.44g		
Trans Fat	0.00g		
Cholesterol	10.36mg		
Sodium	121.35mg		
Carbohydrates	3.26g		
Fiber	0.30g		
Total Sugar	0.00g		
Added Sugar	0.00g		
Protein	4.44g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	5.33mg	Iron	0.30mg