

Chicken Tenders with WG Rice



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53362

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST TNRD BRD WGRAIN 4.5Z 8-4#	3 Piece	Basic Preparation Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at 350 degrees F	202490
Whole Grain Rice	1/2 Cup	Basic Preparation 2:1 water to rice BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	R-53363

Preparation Instructions

Each case yields approximately 113 servings = 3 piece each

Basic Preparation

Conventional Oven 20 min at 350 degrees F. Convection Oven 14 min at 350 degrees F

- Hold hot foods at 135 °F or above

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	3.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	334.00
Fat	8.00g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	463.00mg
Carbohydrates	38.00g
Fiber	3.00g
Total Sugar	0.00g
Added Sugar	0.00g**
Protein	24.00g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 20.00mg	Iron 1.80mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available