

# Popcorn Chicken with breadstick

NO IMAGE

<b>Servings:</b>	113.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.50 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54599
<b>School:</b>	Walton-Verona MiddleHigh		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Breaded Popcorn Chicken	512 Ounce	113 serving per case = 4.5oz approximately 10 pieces	260419
BREADSTICK FB 8IN	113 Each	<b>Basic Preparation</b> REMOVE BREADSTICKS FROM BAG. PLACE FLAT ON COOKING SURFACE. ALWAYS SERVE WARM. CONVENTIONAL OR TOASTER OVEN: PREHEAT OVEN TO 375 DEGREES F. PLACE BREADSTICKS FLAT ON BAKING SHEET OR ALUMINUM FOIL. BAKE FOUR MINUTES OR UNTIL GOLDEN BROWN.	509167

## 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

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	2.300
<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: 113.00

Serving Size: 4.50 Ounce

Amount Per Serving	
<b>Calories</b>	187.96
<b>Fat</b>	4.52g
<b>Saturated Fat</b>	0.57g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	13.22mg
<b>Sodium</b>	394.81mg
<b>Carbohydrates</b>	25.15g
<b>Fiber</b>	0.38g
<b>Total Sugar</b>	1.00g
<b>Added Sugar</b>	1.00g
<b>Protein</b>	9.66g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 6.80mg	<b>Iron</b> 1.68mg

## Nutrition - Per 100g

<b>Calories</b>	147.34
<b>Fat</b>	3.54g
<b>Saturated Fat</b>	0.44g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.36mg
<b>Sodium</b>	309.48mg
<b>Carbohydrates</b>	19.72g
<b>Fiber</b>	0.30g
<b>Total Sugar</b>	0.78g
<b>Added Sugar</b>	0.78g
<b>Protein</b>	7.58g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 5.33mg	<b>Iron</b> 1.31mg