

Chicken Tenders with Macaroni and Cheese



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44302

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	2 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830
ENTREE MACAR & CHS WGRAIN 6-5# JTM	5 Ounce	BAKE See Package Instructions BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	150731

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	2.000
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	468.83
Fat	22.08g
Saturated Fat	7.58g
Trans Fat	0.01g
Cholesterol	70.00mg
Sodium	941.08mg
Carbohydrates	38.67g
Fiber	3.75g
Total Sugar	8.67g
Added Sugar	2.00g
Protein	32.75g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 319.17mg	Iron 2.89mg

Nutrition - Per 100g

No 100g Conversion Available