

Spicy Chix Tenders

NO IMAGE

| | | | |
|----------------------|---------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-48648 |
| School: | Walton-Verona High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|----------------|---|------------|
| SAUCE BUFF WNG REDHOT | 1/2 Tablespoon | | 704229 |
| Chicken Breast Tenderloins WG Fully Cooked | 3 Each | BAKE CONVENTIONAL OVEN 20 MIN @350. CONVECTION OVEN 14 MIN @350 | 792441 |

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 2.000 |
| Grain | 1.000 |
| 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 | 220.00 | | |
| Fat | 7.00g | | |
| Saturated Fat | 1.50g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 65.00mg | | |
| Sodium | 745.00mg | | |
| Carbohydrates | 14.00g | | |
| Fiber | 2.00g | | |
| Total Sugar | 0.00g | | |
| Added Sugar | 0.00g | | |
| Protein | 22.00g | | |
| Vitamin A | 0.00mcg | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

Nutrition - Per 100g

No 100g Conversion Available