

Chicken Drumstick w/ cornbread (elem)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-54353

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	1 Piece	<p>BAKE Preparation: Appliances vary, adjust accordingly. Conventional Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 375°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 35-40 minutes. <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p>CONVECTION Preparation: Appliances vary, adjust accordingly. Convection Oven</p> <ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. 3. Heat for 25-30 minutes <p>For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p>	603391
CORNBREAD SNAC FORT WGRAIN IW	1 Each		159791

Preparation Instructions

1 Drumstick: CN portion is 1 drum = 2 m/ma and 0.75 oz. grain.

Biscuit = 1.5 oz grain

Cook chicken according to package direction.

CCP: Hold at 135F or higher.

Serve right onto tray with a mini cornbread loaf.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.750
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	390.00
Fat	17.00g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	95.00mg
Sodium	620.00mg
Carbohydrates	38.00g
Fiber	2.00g
Total Sugar	16.00g
Added Sugar	16.00g
Protein	20.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 32.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available