

Chicken Tikki Masala



Servings:	75.00	Category:	Entree
Serving Size:	2.50 Ounce (#10 scoop)	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15253

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	160 Ounce	Commodity Chicken breast diced	100101
SAUCE TIKKA MASALA	128 Ounce	SIMMER Thaw in refrigerator or in cold water. Do not thaw in hot water to prevent yogurt from separating. Carefully remove bag from water and transfer contents to a pan. Cook to internal temperature of 165°F. Serve with chicken, seafood, meats or vegetables. Alternate cooking directions: Remove frozen product from bag and place in a hotel pan, cover, and cook in either a steamer or conventional oven until internal temperature reaches 165°F. Chicken Tikka Masala Recipe: Sauté 8 lbs. of boneless, skinless chicken pieces. Add 4 lbs. of sauce and cook until internal temperature reaches 165°F. Use to make other seafood and vegetable dishes.	251322

Preparation Instructions

1. Thaw and diced chicken
2. mix with sauce cook in steamer pan at covered 350 for 15 minutes with thawed sauce serve 1 cup with 1 cup Mumbi rice.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.000
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: 75.00

Serving Size: 2.50 Ounce (#10 scoop)

Amount Per Serving	
Calories	110.93
Fat	4.27g
Saturated Fat	0.85g
Trans Fat	0.00g
Cholesterol	49.07mg
Sodium	298.67mg
Carbohydrates	3.41g
Fiber	0.85g
Total Sugar	1.71g
Added Sugar	0.85g
Protein	13.65g
Vitamin A 256.00mcg RAE	Vitamin C 2.05mg
Calcium 17.07mg	Iron 0.61mg

Nutrition - Per 100g

Calories	101.90
Fat	3.92g
Saturated Fat	0.78g
Trans Fat	0.00g
Cholesterol	45.07mg
Sodium	274.36mg
Carbohydrates	3.14g
Fiber	0.78g
Total Sugar	1.57g
Added Sugar	0.78g
Protein	12.54g
Vitamin A 235.16mcg RAE	Vitamin C 1.88mg
Calcium 15.68mg	Iron 0.56mg