

# Chicken Tikki Masala



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, diced, cooked, frozen	160 Ounce	Commodity Chicken breast diced	100101
SAUCE TIKKA MASALA	128 Ounce	<b>SIMMER</b> 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

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	0.000
<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: 75.00

Serving Size: 2.50 Ounce (#10 scoop)

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

## Nutrition - Per 100g

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