

# Chicken Tenders with Macaroni and Cheese



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNDR BRD WGRAIN 2.07Z	2 Piece	<b>BAKE</b> 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. <b>CONVECTION</b> 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	<b>BAKE</b> See Package Instructions <b>BOIL</b> <b>KEEP FROZEN</b> Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature. <b>CAUTION:</b> Open bag carefully to avoid being burned.	150731

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	3.000
<b>Grain</b>	2.000
<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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	468.83
<b>Fat</b>	22.08g
<b>Saturated Fat</b>	7.58g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	70.00mg
<b>Sodium</b>	941.08mg
<b>Carbohydrates</b>	38.67g
<b>Fiber</b>	3.75g
<b>Total Sugar</b>	8.67g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	32.75g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 319.17mg	<b>Iron</b> 2.89mg

## Nutrition - Per 100g

<b>Calories</b>	330.77
<b>Fat</b>	15.58g
<b>Saturated Fat</b>	5.35g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	49.39mg
<b>Sodium</b>	663.95mg
<b>Carbohydrates</b>	27.28g
<b>Fiber</b>	2.65g
<b>Total Sugar</b>	6.11g
<b>Added Sugar</b>	1.41g
<b>Protein</b>	23.11g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 225.18mg	<b>Iron</b> 2.04mg