



825059 - Chicken and Waffles

Source: K12 Culinary
 Number of Portions: 24
 Size of Portion: each

Components:

Meat/Alt: 2 oz
 Grains: 3 oz
 Fruit:
 Vegetable:
 Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

Meat/Meat Alter
 Grain

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826168 Chicken Tenders,WM Brst, Brd,Uncook King....	72 each, 1.8oz	<p>Line full size sheet pans with parchment paper. Place up to 36 tenders on each sheet pan. Remove tenders from the bag and place individually on pan to avoid spilling crumbs that may burn before tenders are cooked.. Bake at 350 degrees F for about 8 to 10 minutes. Turn pan halfway through cooking if oven does nto cook evenly. Transfer to 2 inch full size steamtable pan. Hold uncovered until service or pre=portioning.</p> <p>CCP: Heat to 165° F or higher for at least 15 seconds</p> <p>CCP: Hold for hot service at 135° F or higher</p>
825817 Waffle, Jumbo, WG Aunt Jemima 43577.....	24 each, 1.39 oz	<p>Place 24 frozen waffle squares on sheet pan 4 across X 6 down. Bake at 350 degrees F for 4 to 5 minutes. Transfer waffles to 2 inch full size steamtable pan; shingle in pan for best appearance. Hold uncovered in hot holding cabinet until service.</p>
825060R Maple Lime Syrup.....	1 qt + 2 cups	<p>Prepare Maple Lime Syrup according to the recipe. Fill gallon container with syrup. Insert condiment pump and fill 2 oz. cups with 1/4 cup of syrup.</p>
		<p>Serve 1 waffle and 3 chicken tenders in no. 200 boat or on tray. Serve with 1/4 cup Maple Lime Syrup.</p> <p>As an option, serve with Texas Pete hot sauce and pancake syrup.</p> <p>Note: Check portion size and crediting of specific brand of tenders purchased, and make adjustments if necessary. CCP: Hold for hot service at 135° F or higher</p>

*Nutrients are based upon 1 Portion Size (each)

Calories	590 kcal	Cholesterol	52 mg	Sugars	16.7 g	Calcium	73.36 mg	27.52%	Calories from Total Fat
Total Fat	18.03 g	Sodium	898 mg	Protein	23.53 g	Iron	3.29 mg	4.58%	Calories from Saturated Fat
Saturated Fat	3.00 g	Carbohydrates	82.43 g	Vitamin A	112.0 IU	Water ¹	*35.23* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.55 g	Vitamin C	0.8 mg	Ash ¹	*0.16* g	55.93%	Calories from Carbohydrates
								15.97%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.