



825080 - Chicken Parmesan Flatbread

Source: K12 Culinary

Number of Portions: 24

Size of Portion: each

Components:

Meat/Alt: 2.5 oz

Grains: 2 oz

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Whole Grain Rich

Vegetable, Red/Orange

Attributes:

Meat/Meat Alter

Vegetables

Grain

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826494 Flatbread, Oven Fired, WGR, Rich's 14010..... 050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY....	24 each, 2.2 oz 2 lbs + 4 ozs	Thaw flatbread overnight at room temperature. Thaw chicken overnight in the refrigerator. CCP: Hold at 41 degrees F. or below.
825003R Marinara Sauce: School Made.....	1 qt + 1 PT	Prepare Marinara Sauce according to the recipe. Use 1 1/2 quart to top flatbreads and save 1 1/2 quarts to portion for additional dipping sauce. Store any leftover sauce in refrigerator and use for other recipes.
001032 CHEESE, PARMESAN, GRATED..... 826499 Cheese, Pizza Blend, 50/50 Moz/Prov, DFA..... 002029 PARSLEY, DRIED.....	12 ozs 12 ozs 2 Tbsp	Combine parmesan and pizza blend cheese. Spray full size sheet pan(s) with pan release. Place 8 flatbreads on each full size sheet pan. Using a 2 oz. spoodle, top each flatbread with ¼ c marinara sauce. Use the bottom of the utensil to spread the sauce. Evenly distribute 1 ½ oz. of thawed diced chicken over the sauce on bread using a 2 oz. spoodle. Using a 2 oz. spoodle, distribute 1 oz. of cheese mixture evenly over the top of the meat and sauce on each flatbread. Sprinkle ¼ tsp. of parsley over each flatbread.
		Bake in convection oven at 375 degrees F for about 5 minutes. CCP: Heat to 135° F or higher.
825003R Marinara Sauce: School Made.....	1 qt + 1 PT	Portion 1/4 cup Marinara Sauce into 2 oz portion cups. Serve 1 flatbread with cup of Marinara Sauce. This recipe is best quality when prepared for just in time service to avoid excessive leftovers. CCP: Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (each)

Calories	415	kcal	Cholesterol	62	mg	Sugars	*3.4*	g	Calcium	263.92	mg	33.20%	Calories from Total Fat
Total Fat	15.31	g	Sodium	899	mg	Protein	27.75	g	Iron	*2.02*	mg	13.37%	Calories from Saturated Fat
Saturated Fat	6.17	g	Carbohydrates	43.19	g	Vitamin A	686.5	IU	Water ¹	*10.19*	g	*0.27%*	Calories from Trans Fat
Trans Fat ²	*0.12*	g	Dietary Fiber	3.59	g	Vitamin C	5.4	mg	Ash ¹	*1.09*	g	41.62%	Calories from Carbohydrates
												26.74%	Calories from Protein
<p>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient</p> <p>* - denotes combined nutrient totals with either missing or incomplete nutrient data</p> <p>¹ - denotes optional nutrient values</p> <p>² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p>													