



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:

Vegetable, Red/Orange

Whole Grain Rich

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826494 Flatbread, Oven Fired, WGR, Rich's 14010.... 051520 Chicken, Diced, Cooked, Frozen.....	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° F or lower.
825003R Marinara Sauce: School Made.....	1 qt + 1 PT	Prepare Marinara Sauce according to recipe 825003. 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 food release. Place 8 flatbreads on each full size sheet pan. Using a 2 oz spoodle, top each flatbread with ¼ cup 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 no. 16 disher. 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° F for approximately 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	382 kcal	Cholesterol	55 mg	Sugars	*5.5* g	Calcium	262.77 mg	35.68%	Calories from Total Fat
Total Fat	15.13 g	Sodium	735 mg	Protein	23.69 g	Iron	*1.21* mg	13.32%	Calories from Saturated Fat
Saturated Fat	5.65 g	Carbohydrates	37.75 g	Vitamin A	697.0 IU	Water ¹	*34.64* g	*0.29%*	Calories from Trans Fat
Trans Fat ²	*0.12* g	Dietary Fiber	4.27 g	Vitamin C	12.3 mg	Ash ¹	*1.16* g	39.57%	Calories from Carbohydrates
								24.84%	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.