

Kentucky Dept. of Education

001407 - Cheesy Ranch Chicken Casserole

Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: Serving

Meat/Alt: 3 oz
 Grains: 0 oz
 Fruit: 0 Cup
 Vegetable: 1.5 Cup
 Milk: 0 Cup

Alternate Menu Name: Graves County HS

075003 MAYONNAISE,LoFat,No Cholesterol..... 12 CUP 001179 SOUR CREAM,LIGHT..... 6 CUP 011156 CHIVES,RAW..... 2 TBSP, chopped 002030 PEPPER,BLACK..... 1 1/2 TSP, ground 002045 DILL WEED,FRSH..... 2 TBSP, sprigs 002020 GARLIC POWDER..... 3 TSP 002026 ONION POWDER..... 3 TSP 002047 SALT,TABLE..... 1 1/2 TSP	Ranch Dressing: Mix mayonnaise, sour cream, fresh chives, black pepper, fresh dill (finely chopped), garlic powder, onion powder and salt until well blended. Hold at 41 degrees or below until needed.
075013 Chicken Breast..... 24 Each (4 oz avg) 051488 Beans, Green, Low-sodium, Canned..... 12 CUP 011167 CORN,SWEET,YELLOW,RAW..... 12 CUP 011096 BROCCOLI ,RAW..... 18 Cup finely chopped 011965 CAULIFLOWER, GREEN,RAW..... 6 Cup finely chopped 011124 CARROTS,RAW..... 6 CUP, chopped 799939 GARLIC,RAW..... 3 TSP, MINCED 002026 ONION POWDER..... 3 TSP 002030 PEPPER,BLACK..... 3 TSP, ground 002047 SALT,TABLE..... 3 TSP 904009 Cream Cheese/Cheddar Cheese Shrded... 15 CUP	Preheat oven to 400 degrees. Season chicken with garlic, onion powder pepper and salt. Marinate cubed chicken in 6 cups of Ranch Dressing. While chicken is marinating, cut vegetables and measure into large mixing bowl. Coat large aluminum pans with cooking spray. Drain chicken. Place chicken in pans and cook 15 minutes. Coat vegetables with 6 cups of ranch dressing. After 15 minutes, remove chicken from oven, drain excess liquid, spread remaining ranch dressing onto chicken. Layer vegetable/ ranch mixture on top of chicken. Bake completed casserole for 30 minutes or until chicken reaches internal temperature of 165 degrees. Cover casserole with cheese blend. Turn off oven and allow cheese to melt, approximately 5 minutes. CCP: Hold at 135 degrees or higher for service. Serving is 1 1/2 cup.

*Nutrients are based upon 1 Portion Size (Serving)

Calories	436 kcal	Cholesterol	*40.90* mg	Sugars	*3.89* g	Calcium	*78.80* mg	56.61%	Calories from Total Fat
Total Fat	27.43 g	Sodium	1125.74 mg	Protein	25.35 g	Iron	*1.38* mg	17.61%	Calories from Sat Fat
Saturated Fat	8.54 g	Carbohydrate	21.60 g	Vitamin A	*3292.79* IU	Water ¹	*81.80* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*2.93* g	Vitamin C	*13.92* mg	Ash ¹	*1.35* g	19.81%	Calories from Carbohydrates
								23.25%	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.