

Kentucky Dept. of Education

001414 - Farmers Luau Chicken

Recipe HACCP Process: #2 Same Day Service

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

Meat/Alt: 2 oz
 Grains: 1 oz
 Fruit: 0 Cup
 Vegetable: 1.5 Cup
 Milk: 0 Cup

Alternate Menu Name: Montgomery Co 4-H

075013 Chicken Breast..... 902456 Worcestershire Sauce Chef's Companion..... 050452 RICE, LONG GRAIN, BROWN, DRY..... 019296 HONEY..... 011297 PARSLEY,RAW..... 002020 GARLIC POWDER..... 002030 PEPPER,BLACK..... 799986 SALT, KOSHER..... 799939 GARLIC,RAW..... 002028 PAPRIKA.....	144 Tenderloin 8 TSP 12 CUP 2 1/2 CUP 1/2 CUP, chopped 1/2 CUP 8 TSP, ground 12 TBSP 8 cloves, minced 1 1/4 CUP	Cook rice as directed. Set a side. Chicken: Preheat oven to 400 degrees. Place chicken in large bowl. Combine kosher salt, paprika, garlic powder, parsley, and pepper. Sprinkle over chicken. Mix well to coat. Place chicken in hot skillet with oil and sear each side. Add oil as needed until all tenders are seared. Place on top of vegetable mixture. Place in oven. Bake for 25 minutes or until chicken reaches internal temperature of 165 degrees.
002021 GINGER,GROUND..... 020027 CORNSTARCH..... 902459 Brown Sugar..... 009152 LEMON JUICE,RAW..... 009159 LIMES,RAW.....	3 TBSP 1/2 CUP 1 1/2 (1 cup) 8 TSP 8 fruit (2" dia)	Sauce: Mix juice from pineapple, cornstarch, worcestershire sauce, brown sugar, lemon juice and ginger.
903892 PEPPERS RED SWEET,..... 011951 Peppers, Yellow Bell,..... 011821 Pepper, orange bell..... 011333 PEPPERS,SWEET,GREEN,RAW..... 799942 SWEET POTATO,RAW,UNPREP..... 901492 Butternut Squash..... 011641 Squash, Yellow..... 011953 Zucchini..... 901062 ONIONS,RED,RAW..... 009176 MANGOS,RAW..... 009268 PINEAPPLE,CND,JUC PK,SOL&LIQUIDS..... 012115 COCONUT CRM,RAW (LIQ EXPRESSED FROM GRATED ME...	8 CUP, diced 8 Cup diced 8 Cup diced 8 CUP, chopped 8 CUP, cubes 8 CUP, cubes 8 CUP, chopped 8 Cup chopped 8 Medium chopped 8 CUP, pieces 12 Cup drain reserve juice 1 to taste	Vegetable/Fruit Blend: Dice all vegetables and fruits and place in bowl. Pour sauce over reserving 1/4 of sauce for later use. Spread evenly over sheet pans sprayed with non stick spray. Top with chicken Place in oven and bake for 25 minutes or until chicken reaches internal temperature of 165 degrees. CCP: Hold at 135 degrees or higher for service.
		To serve: Top rice (1/2 cup) with veg/fruit mix and place chicken (3 pieces) on side. Drizzle with remaining sauce and spritz with lime.

*Nutrients are based upon 1 Portion Size (serving)

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.

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Recipe Master List

Calories	491 kcal	Cholesterol	*49.37* mg	Sugars	*29.47* g	Calcium	*76.09* mg	9.77%	Calories from Total Fat
Total Fat	5.33 g	Sodium	1228.93 mg	Protein	25.69 g	Iron	*3.32* mg	3.07%	Calories from Sat Fat
Saturated Fat	1.67 g	Carbohydrate	89.25 g	Vitamin A	*5892.58* IU	Water ¹	*219.69* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*6.66* g	Vitamin C	*114.08* mg	Ash ¹	*1.51* g	72.74%	Calories from Carbohydrates
								20.94%	Calories from Protein

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