

Kentucky Department of Education

Recipe: 000364 Winner Winner Chicken Dinner

Recipe HACCP Process: #2 Same Day Service

Recipe Source: Jr Chef
 Recipe Group: ENTREES

Alternate Recipe Name: Cumberland County HS

Number of Portions: 50
 Size of Portion: Servings

075013 CHICKEN BREAST..... 902942 Margarine..... 011124 CARROTS,RAW..... 011291 Green onions, finely chopped..... 011821 Peppers, red sweet chopped..... 051448 Apples, Honey Crisp peeled and sliced...	12 Each (3oz) 1 1/2 CUP 12 CUP, chopped 12 CUP, chopped 12 CUP, chopped 24 CUP	Preheat oven to 325 degrees. Sear Chicken pieces with butter and salt and pepper to taste in saute pan until lightly brown. Place chicken on baking pans with carrots, onions, peppers and apples evenly distributed.
902959 Extra Virgin Olive Oil..... 799939 GARLIC,RAW..... 900814 HONEY,RAW..... 009152 LEMON JUICE,RAW..... 903226 Lemon Thyme.....	3 CUP 3/4 CUP, MINCED 3 CUP 3 CUP 4 TBSP	In a bowl whisk oiive oil, lemon juice, minced garlic, honey and lemon thyme. Pour the mixture over the chicken and vegetables. Place in oven and cook for 40-45 minutes until reaches internal temperature of 165 degrees. CCP: Hold at 135 degrees.

*Nutrients are based upon 1 Portion Size (Servings)

Calories	334 kcal	Cholesterol	*11.85* mg	Sugars	*3.89* g	Calcium	*43.72* mg	53.58%	Calories from Total Fat
Total Fat	19.87 g	Sodium	76.83 mg	Protein	6.10 g	Iron	*1.03* mg	10.61%	Calories from Saturated Fat
Saturated Fat	3.94 g	Carbohydrates	37.37 g	Vitamin A	*6542.94* IU	Water ¹	*99.84* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*4.48* g	Vitamin C	*62.43* mg	Ash ¹	*0.76* g	44.78%	Calories from Carbohydrates
								7.32%	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.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 2.000 oz					? - Allergen 1
Grain..... oz					? - Allergen 2
Fruit..... 0.500 cup					? - Allergen 3
Vegetable..... 0.750 cup					? - Allergen 4
Milk..... cup					? - Allergen 5
Moisture & Fat Change					? - Allergen 6
Moisture Change. 0%					? - Allergen 7
Fat Change..... 0%					? - Allergen 8
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	075013	CHICKEN BREAST			
I	902942	Margarine			
I	902959	Extra Virgin Olive Oil			
I	799939	GARLIC,RAW			
I	900814	HONEY,RAW			
I	009152	LEMON JUICE,RAW			
I	903226	Lemon Thyme			
I	011124	CARROTS,RAW			
I	011291	Green onions, finely chopped			
I	011821	Peppers, red sweet chopped			
I	051448	Apples, Honey Crisp peeled and sliced			

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