

Kentucky Dept. of Education

2016

001342 - Baked Honey Garlic Chicken

Source: Henderson Cnty
 Number of Portions: 50
 Size of Portion: 1 serving

Recipe HACCP Process: #2 Same Day Service

Meat/Alt: 2 oz
 Grains: 1 oz
 Fruit: 0 Cup
 Vegetable: 0.25 Cup
 Milk: 0 Cup

075013 CHICKEN BREAST,Boneless,Skinless..... 12 lb. cut into 1 inch cubes 903894 Egg, beaten..... 24 Each 018079 BREAD CRUMBS,DRY,GRATED,PLN..... 12 CUP	903890 Jasmine Rice..... 12 CUP	Preheat oven to 400 degrees. Lightly grease large baking dish. Using a large mixing bowl beat eggs and place breadcrumbs in a seperate bowl. In batches dip chicken into eggs then breadcrumbs patting to coat. Place pieces in baking dish. Bake 15 minutes until golden brown and crispy and reaches internal temp of 165 degrees.
011096 BROCCOLI ,RAW..... 12 Head 903891 Green Onion, thinly sliced..... 12 Each 799938 CARROTS,RAW..... 12 Large, grated 903892 PEPPERS RED SWEET..... 6 Each 902507 Onion..... 6 Cup chopped 019296 HONEY..... 4 CUP 903895 Chipolte Seasoning..... 3/4 CUP 799939 GARLIC,RAW..... 24 clove 903896 Soy Sauce..... 3/4 CUP 903897 Siracha Sauce..... 3/4 CUP	903846 Extra Virgin Olive Oil..... 3/4 CUP 002020 GARLIC POWDER..... 2 TBSP 903898 Red Pepper Flakes..... 1/4 CUP 002047 SALT, TABLE..... 3/4 CUP 903899 Sesame Seeds..... 1/2 CUP 020027 CORNSTARCH..... 3/4 CUP 014429 WATER,MUNICIPAL..... 4 CUP	In a large sauce pan on medium heat whisk honey, chipotle seasoning, soy sauce, Sriracha and garlic powder. Using a medium bowl, combine cornstarch and water. Stir mixture into honey mixture using a wire whisk and cook about 2 minutes until thickened. Pour over chicken and gently toss to coat. Place olive oil in large skittet. Add broccoli florets, chopped onion and grated carrots. Saute over medium heat for four minutes. Add red pepper flakes. Cut red bell pepper into leaves for garnish.
Arrange 1/2 cup rice on serving plate and top with chicken. Place broccoli, onions and carrots (about 1/4 cup total) around the rice and chicken (3oz). Garnish with red pepper leaves.		CCP: Hold at 135 degrees or higher for service.

*Nutrients are based upon 1 Portion Size (1 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	511 kcal	Cholesterol	*32.86* mg	Sugars	*23.96* g	Calcium	*81.92* mg	16.73%	Calories from Total Fat
Total Fat	9.50 g	Sodium	2146.53 mg	Protein	*23.30* g	Iron	*2.37* mg	4.02%	Calories from Sat Fat
Saturated Fat	2.28 g	Carbohydrate	83.06 g	Vitamin A	*514.17* IU	Water ¹	*44.07* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*1.82* g	Vitamin C	*4.47* mg	Ash ¹	*5.34* g	65.00%	Calories from Carbohydrates
								18.23%	Calories from Protein

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