

# Alliance K-12 Nutrition Innovations

## Recipe Prep Sheet

### 990178 - Nachos, BBQ Chicken

Recipe HACCP Process:  
Source: Workshop Jan'18  
Number of Portions: 35  
Portion Size: each



Ingredient #	Ingredient Name	Measurements	Instructions
990386	CHICKEN, Unseasoned Strips, Cooked, Frozen USDA	5 LB	Preheat oven to 350 degrees  Place 1 bag (5 lb) frozen chicken strips in 2 inch deep hotel pan
990369	SAUCE BBQ Cattlemans 542433	3 cup	
014411	WATER,TAP,DRINKING	1/2 cup (8 fl oz)	Mix 3 cups BBQ sauce, 0.5 cup apple cider vinegar, 0.5 cup water and pepper flakes; pour over chicken.  Cover pan. Heat for 1 hour until at least 165 degrees.
002048	VINEGAR,CIDER	1/2 CUP	
990430	PEPPER, Crushed Red Flakes	2 tsp	
990441	SAUCE Cheese White LOL 39944	2 qt + 3/4 cup	While chicken is cooking, place cheese sauce into kettle of boiling water or steamer for 12-15 minutes until it reaches 145-155 degrees F.
			Remove chicken from oven. Use metal spatula to separate meat to give a shredded chicken look.
990411	CHIPS, Yellow Round Tortilla LaTapatia 77009	35 Bag-2 oz eq gr	<b>For Serving</b>  Place yellow wrap paper on top of boat, add 2 oz tortilla chips then #16 scoop chicken mixture  Top with 2 oz (1/4 cup) cheese sauce

\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® 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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\*Nutrients are based upon 1 Portion Size (each)

Calories <sup>1</sup>	484.386 kcal	Total Fat	20.990 g	Total Dietary Fiber	4.000 g	Vitamin C	*1.108* mg	39.000% Calories from Total Fat
Saturated Fat <sup>1</sup>	8.221 g	Trans Fat <sup>2</sup>	0.000 g	Protein	21.281 g	Iron	1.137 mg	15.274% Calories from Sat Fat
Sodium <sup>1</sup>	941.166 mg	Cholesterol	64.449 mg	Vitamin A	*202.743* IU	Water	*6.577* g	0.000% Calories from Trans Fat
Sugars	6.871 g	Carbohydrate	50.504 g	Calcium	276.909 mg	Ash	*0.009* g	41.706% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			17.574% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2.25 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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### Allergens

Dairy	NB8							
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