

Cooking for Kids

Recipe Sizing Report

000146 - BBQ Chicken Drumstick :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 50 Size of Portion: 2 Each	Meat/Alt: 2 oz Grains: Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011949 CATSUP,LOW SODIUM..... 002048 VINEGAR,CIDER..... 083730 MUSTARD YELLOW PREPARED..... 002026 ONION POWDER..... 901530 SUGARS,BROWN,LIGHT..... 002007 CELERY SEED..... 002030 PEPPER,BLACK.....	1 #10 Can 2 cups 1/2 cup 2 Tbsp 1 1/2 CUPS (packed) 2 Tbsp 1 TSP (ground)	1. In a large pot on medium heat, combine catsup, vinegar, mustard, onion powder, brown sugar, celery seed, and black pepper. Heat to simmer.
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 020027 CORNSTARCH.....	1 1/2 cups 1 1/4 cups	2. Combine water and corn starch to form a slurry and add to simmering sauce mixture, stirring constantly until mixture thickens. Remove from heat and reserve for use.
901845 CHICKEN, LEG QTR, MEAT&SKIN, RSTD/BKD....	100 LEG	3. Lay out chicken legs on sheet tray and roast in 350° F oven for 25 minutes or until internal temperature reaches 165° F. 4. Remove from oven and brush generously with BBQ sauce. Bake in oven for an additional 5 minutes. Hold hot for service.

*Nutrients are based upon 1 Portion Size (2 Each)

Calories	736 kcal	Cholesterol	324 mg	Sugars	*13.9* g	Calcium	44.86 mg	56.09%	Calories from Total Fat
Total Fat	45.84 g	Sodium	288 mg	Protein	49.84 g	Iron	4.76 mg	15.98%	Calories from Saturated Fat
Saturated Fat	13.06 g	Carbohydrates	27.76 g	Vitamin A	650.2 IU	Water ¹	189.59 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.32 g	Vitamin C	2.8 mg	Ash ¹	4.54 g	15.09%	Calories from Carbohydrates
								27.10%	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.