

Cooking for Kids

Recipe Sizing Report

000470 - Chickn Teriyaki Drumstix CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 25 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
005080 CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY...	50 drumstick w/ bone&skin	1. Lay out chicken legs on sheet tray, or 9 x 13 inch tray, and roast in 350° F oven for 25 minutes or until internal temperature reaches 165° F.
006189 SAUCE,TERIYAKI,RTS,RED NA.....	10 cups	2. Remove from oven and brush generously with teriyaki sauce. Return to oven for 5 minutes. Hold hot for service.

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

Calories	314 kcal	Cholesterol	160 mg	Sugars	16.2 g	Calcium	46.40 mg	21.37%	Calories from Total Fat
Total Fat	7.45 g	Sodium	2217 mg	Protein	40.55 g	Iron	3.33 mg	5.30%	Calories from Saturated Fat
Saturated Fat	1.85 g	Carbohydrates	17.95 g	Vitamin A	57.5 IU	Water ¹	214.78 g	0.08%	Calories from Trans Fat
Trans Fat ²	0.03 g	Dietary Fiber	0.12 g	Vitamin C	0.0 mg	Ash ¹	11.35 g	22.88%	Calories from Carbohydrates
								51.70%	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.