

# Cooking for Kids

## Recipe Sizing Report

000395 - Honey Chicken Biscuit CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 24 Size of Portion: EACH	Meat/Alt: 2 oz Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902688 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLE..... 902987 FLOUR, WHOLE WHEAT..... 018370 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTIN..... 019335 SUGARS,GRANULATED..... 799986 SALT, KOSHER.....	1 1/2 cups 2 1/2 cups 2 1/2 Tbsp 2 Tbsp 1/2 Tbsp	1. Preheat oven to 450° F. Combine flours, baking powder, sugar, and salt in mixer.
001145 BUTTER,WITHOUT SALT.....	1/2 cup	2. Cut butter into medium dice sized pieces. As dry ingredients are mixing, slowly add in cold butter and blend until mixture looks coarse and crumbly.
001088 MILK,BTTRMLK,FLUID,CULTURED,LOWFAT.....	2 cups	3. Mix in buttermilk until just moistened and mixture holds together. DO NOT OVER MIX! Turn dough out on a lightly floured surface and knead gently, folding dough 8 to 10 times.  4. Roll out to 3/4 inch thickness and cut biscuits into 2 inch rounds. Place biscuits on an ungreased baking sheet. Bake in 450° F oven for 10-12 minutes, until biscuits are golden brown.
022975 CHICKEN,NUGGETS,WHITE MEAT,PRECKD,FRZ,NO...	24 PIECE	5. Place chicken nuggets onto baking sheet and bake in 350° F oven for 10 minutes or until internal temperature reaches 165° F.
019296 HONEY.....	1 cup + 1/2 Tbsp	6. Remove chicken from oven and drizzle with honey (honey can also be served on the side).  7. To serve, place the biscuit and chicken (and honey, if not drizzled on chicken) on each tray.

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

Calories	214 kcal	Cholesterol	18 mg	Sugars	*14.4* g	Calcium	144.62 mg	31.62%	Calories from Total Fat
Total Fat	7.53 g	Sodium	350 mg	Protein	6.09 g	Iron	1.33 mg	13.70%	Calories from Saturated Fat
Saturated Fat	3.26 g	Carbohydrates	32.59 g	Vitamin A	139.6 IU	Water <sup>1</sup>	*32.10* g	*0.07%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.02* g	Dietary Fiber	1.72 g	Vitamin C	0.3 mg	Ash <sup>1</sup>	*1.67* g	60.82%	Calories from Carbohydrates
								11.37%	Calories from Protein

**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.**