

Cooking for Kids

Recipe Sizing Report

000164 - Thai Roasted Chicken Drumstick :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 100 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
902960 Sauce, Soy, Low Sodium..... 005080 CHICKEN,BROILERS OR FRYERS,LEG,MEAT ONLY...	2 PINT 200 drumstick w/ bone&skin	1. The day before service or 4 hours before cooking, combine soy sauce and chicken legs. Stir until chicken is coated but not swimming in soy. Let marinate in cooler for at least 4 hours. 2. Lay out chicken legs on sheet tray and roast in 350° F oven for 25 minutes or until internal temperature reaches 165° F.
902970 THAI SWEET CHILE SAUCE..... 902956 Sauce, Sriracha.....	3 PINT 1/2 cup	3. In a large bowl, combine the chili sauce and sriracha and stir until combined. 4. Remove chicken from oven and brush generously with chili sauce. Return to oven for 5 minutes. Pour any extra sauce over chicken once it is out of the oven. Hold hot for service.

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

Calories	265 kcal	Cholesterol	*160* mg	Sugars	9.8 g	Calcium	65.60 mg	25.73%	Calories from Total Fat
Total Fat	7.59 g	Sodium	704 mg	Protein	34.20 g	Iron	1.37 mg	6.27%	Calories from Saturated Fat
Saturated Fat	1.85 g	Carbohydrates	13.40 g	Vitamin A	311.5 IU	Water ¹	*134.48* g	0.09%	Calories from Trans Fat
Trans Fat ²	0.03 g	Dietary Fiber	0.16 g	Vitamin C	3.7 mg	Ash ¹	*1.67* g	20.20%	Calories from Carbohydrates
								51.54%	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.