Chicken and Waffle Bites

Gold Kist Farms® Homestyle Breaded Chicken Nuggets (615300) served with a whole wheat waffle or funnel cake and dusted with powdered sugar makes a delicious sweet and savory breakfast or lunch.

YIELD

100 servings

MENU FIT/DAYPART

Breakfast/Lunch

COMPONENTS

2 oz eq M/MA

1 oz whole grain

DIFFICULTY

Easiest

ALLERGENS

Wheat, Soy

INGREDIENTS AND PREPARATION

100 servings (5 nuggets each) Gold Kist Whole Grain Homestyle Breaded Chicken Nuggets (615300)
100 whole grain maple-flavored waffles or funnel cakes
Powdered sugar
100 1-ounce servings sugar-free syrup

1. Preheat oven to 350˚F. Arrange frozen chicken nuggets in a single layer on a baking sheet. Bake for 10-14 minutes in a conventional oven or 8-10 minutes in a convection oven or until the internal temperature reaches 165 ˚ F.
2. Prepare waffles or funnel cakes as directed. Cut each waffle/funnel cake into quarters.
3. To serve, place cut waffle/funnel cakes into a serving boat, top with 5 nuggets and sprinkle lightly with powdered sugar. Serve immediately with syrup for dipping.

Serving Suggestions: For breakfast, serve with strawberries and milk. For lunch serve with green grapes, steamed carrots and milk. This recipe is a great option for grab n' go or breakfast in the classroom.

Nutrition Facts

Serving Size (126g) (1 waffle + 5 nuggets)

Amount Per Serving

Calories 280	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 490mg	**20%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 17g	

Vitamin A 2%	• Vitamin C 130%
Calcium 4%	• Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

GOLD KIST CHICKEN

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