

# Jalapeño Nacho Chicken Fries

Gold Kist Farms® Whole Grain Breaded Chicken Sticks (49913) kicked up a notch with spicy jalapeño nacho cheese sauce for dipping.



## YIELD

100 servings

## MENU FIT/DAYPART

Lunch

## COMPONENTS

2 oz eq M/MA

1 oz whole grain

## DIFFICULTY

Easiest

## ALLERGENS

Gluten, Soy, Dairy

## INGREDIENTS AND PREPARATION

**100 servings Gold Kist Whole Grain Breaded Chicken Strips (49913)**  
**100 (1.89 oz each) cups Jalapeño Nacho Cheese Sauce (reduced-fat)**

1. Preheat oven to 350°F. Arrange frozen chicken Smackers in a single layer on a baking sheet. Bake for 7-9 minutes in a convection oven or 10-12 minutes in a conventional oven or until internal temperature reaches 165 ° F.
2. Serve immediately or hold until hot service. Serve with 1.89 oz cheese sauce for dipping.

*Serving Suggestions:* Serve with bell pepper strips, an apple and milk. Use regular cheese sauce for a less spicy version.

<b>Nutrition Facts</b>	
Serving Size (158g)	
Amount Per Serving	
<b>Calories 310</b>	<b>Calories from Fat 130</b>
% Daily Value*	
<b>Total Fat 15g</b>	<b>23%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol 70mg</b>	<b>23%</b>
<b>Sodium 870mg</b>	<b>36%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein 23g</b>	
Vitamin A 8%	• Vitamin C 0%
Calcium 20%	• Iron 8%
*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	



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