

Bang Bang Chicken Rings

Gold Kist® Breaded Chicken Ring Things (499180) served with a spicy, sweet and creamy dipping sauce will get your students excited for lunch.



YIELD

100 servings (5 rings each)

MENU FIT/DAYPART

Lunch

COMPONENTS

2oz eq M/MA

1 oz grain

DIFFICULTY

Easiest

ALLERGENS

milk, soy, wheat

INGREDIENTS AND PREPARATION

100 servings (5 rings each) Gold Kist Breaded Chicken Rings (499180)

3 cups lite mayonnaise

3 cups low-fat or fat-free plain yogurt

3 cups sweet Asian chili sauce

1 cup hot sauce

1 cup honey

1. Preheat oven to 350°F. Place frozen chicken rings on an ungreased baking pan in a single layer. Bake uncovered in a conventional oven for 10-14 minutes or in a convection oven for 6-8 minutes or until a thermometer inserted into the thickest portion reaches at least 165° F.
2. Meanwhile, combine mayonnaise, yogurt, Asian chili sauce, hot sauce and honey in a large bowl.
3. Serve cooked chicken rings with a light drizzle of the sauce with extra for dipping on the side.

Nutrition Facts	
Serving Size (124g)	
Amount Per Serving	
Calories 320	Calories from Fat 190
% Daily Value*	
Total Fat 22g	34%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 670mg	28%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 15g	
Vitamin A 2%	Vitamin C 6%
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	

Serving Suggestions: Serve with steamed stir-fry vegetables, canned or fresh pears and milk. This recipe can also be made with Gold Kist Breaded Chicken Sticks (49913).



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