

# Chicken Parmesan Fries

Gold Kist® Breaded Chicken Sticks (49913) dusted with Parmesan cheese and Italian seasoning served with marinara sauce for dipping puts a fun Italian-spin on lunch.



## YIELD

100 servings (5 sticks)

## MENU FIT/DAYPART

Lunch, Supper

## COMPONENTS

2 oz eq M/MA

1 oz eq grain

1/4 cup red/orange vegetable

## DIFFICULTY

Easiest

## ALLERGENS

milk, soy, wheat

## INGREDIENTS AND PREPARATION

100 servings (5 sticks each) Gold Kist Breaded Chicken Sticks (49913)

3.15 pounds finely grated Parmesan cheese

1 cup Italian seasoning

25 cups low-sodium marinara sauce

1. Preheat oven to 350 ° F. Place chicken sticks in a single layer on a baking sheet. Cook for 10-12 minutes in a conventional oven or 7-9 minutes in a convection oven.
2. A few minutes before the chicken is done cooking, take out of the oven and cover evenly with the Parmesan cheese and Italian seasoning. Return to the oven and continue cooking until the internal temperature reaches 165 ° F and the cheese has melted.
3. Serve chicken sticks with 2 ounces of Marinara sauce for dipping.

Nutrition Facts	
Serving Size (184g)	
Amount Per Serving	
<b>Calories 320</b>	<b>Calories from Fat 140</b>
<small>% Daily Value*</small>	
<b>Total Fat 15g</b>	<b>23%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol 65mg</b>	<b>22%</b>
<b>Sodium 780mg</b>	<b>33%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	
<b>Protein 24g</b>	
Vitamin A 10%	Vitamin C 2%
Calcium 15%	Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Calories: 2,000 2,500</small>	
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
<small>Calories per gram:</small>	
Fat 9 • Carbohydrate 4 • Protein 4	

Serving Suggestions: Serve with a green salad, sliced plums and milk.



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