

Hawaiian Chicken and Pineapple Bowls

Gold Kist® Whole Grain Breaded Smackers (110452) served with pineapple and colorful vegetables makes lunch fun again.



YIELD

100 servings

MENU FIT/DAYPART

Lunch

COMPONENTS

2oz eq M/MA

1.5 ounce grain

1/4 cup fruit

1/2 cup other vegetable

DIFFICULTY

Easier

ALLERGENS

milk, soy, wheat

INGREDIENTS AND PREPARATION

100 servings (10 pieces) Gold Kist Breaded Chicken Smackers (110452)

3.25 #10 cans pineapple chunks, drained

10.4 pounds bell peppers (red, green, yellow, orange), diced

10.8 pounds red onion, diced

7 pounds dry brown rice, cooked

12.5 cups (1 ounce/serving) Teriyaki sauce

1. Preheat oven to 350°F. Arrange chicken pieces in a single layer on an ungreased baking pan. Bake for 10-12 minutes in a conventional oven or 6-8 minutes in a convection oven or until product reaches 165° F.
2. Meanwhile, prep vegetables as needed. Lightly coat vegetables with vegetable oil and sprinkle with black pepper. Spread in a single layer on greased baking pans. Preheat oven to 400° F. Roast pepper and onion for about 25 minutes until softened and lightly browned.
3. While vegetables and chicken are cooking, prepare rice as directed, warm Teriyaki sauce, and drain pineapple.
4. To prepare bowls, layer 1/2 cup cooked rice, 1/2 cup roasted vegetables, 1/4 cup pineapple and 10 Smackers. Drizzle each serving with 1 oz Teriyaki sauce. Serve hot.

Nutrition Facts

Serving Size (366g) 1 bowl

Amount Per Serving

Calories 450 Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 760mg **32%**

Total Carbohydrate 63g **21%**

Dietary Fiber 7g **28%**

Sugars 19g

Protein 21g

Vitamin A 6% • Vitamin C 60%

Calcium 6% • Iron 4%

*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 banana, green beans and milk. Use any type of vegetables desired.



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