

6i ZUc 7 \ JWYb < Uj

Gold Kist Farms® #



<https://www.theblackpeppercorn.com/2013/04/buffalo-chicken-tater-tot-casserole/>

YIELD

1 bowl (multiply as needed)

MENU FIT/DAYPART

Lunch/Summer

COMPONENTS

2oz eq M/MA

1

DIFFICULTY

Easie

ALLERGENS

INGREDIENTS AND PREPARATION

1 g y f j b [' f (" ' c n k ; c ' X ' ?] g h 7 \ J W Y b ' G a U W Y f g f f % \$ () & L
 % # & ' W d ' Z c n Y b ' d c h U r c ' W i b _ g c f ' h U h Y f ' h c h g
 % # & ' c i b W ' '] h Y ' F U b W ' X f Y g g] b [
 % # & ' c i b W ' 6 i Z U c ! g m Y ' g U i W
 % H U V ' Y g d c c b ' g h f Y X X Y X ' 7 \ Y X X U F ' W Y Y g Y
 C d h] c b U . ' X] W X [f Y Y b ' c b] c b Z c f ' h c d d] b [

Preheat oven to 350°F. Place frozen chicken

or until product reaches 165° F.

Prepare

‡
 O
 k " " O le with shredded cheese.

Nutrition Facts

| Serving Size (209g) (1 serving) | |
|--|------------------------------|
| Amount Per Serving | |
| Calories 420 | Calories from Fat 200 |
| % Daily Value* | |
| Total Fat 22g | 34% |
| Saturated Fat 5g | 25% |
| Trans Fat 0g | |
| Cholesterol 90mg | 30% |
| Sodium 1100mg | 46% |
| Total Carbohydrate 33g | 11% |
| Dietary Fiber 5g | 20% |
| Sugars 2g | |
| Protein 21g | |
| Vitamin A 6% | Vitamin C 2% |
| Calcium 8% | Iron 2% |
| *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 carrot and celery sticks, dried cranberries and milk.



Get the products and support trusted by so many. Talk to your representative today:
 Call 800.336.9876 or visit GoldKist.com