Chicken Teriyaki Noodle Bowls

Gold Kist Farms® Whole Grain Breaded Dark Meat Chicken Smackers (110458) tossed with teriyaki sauce and vegetables to make a colorful and delicious meal.

YIELD

100 servings

MENU FIT/DAYPART

Lunch

COMPONENTS

2 oz eq M/MA

1/8 cup other vegetables

1.5 oz eq whole grain

DIFFICULTY

Easier

ALLERGENS

Gluten, Soy

INGREDIENTS AND PREPARATION

100 servings (4.3oz each) Gold Kist Whole Grain Breaded Dark Meat Chicken Smackers (110458)
17 pounds low-sodium teriyaki sauce
12 1/2 pounds whole wheat spaghetti noodles
12 1/2 cups broccoli, cut into bite-sized pieces
18 3/4 cups carrots, thinly sliced
7 1/2 cups red pepper, cut into strips
7 1/2 cups snow peas

1. Preheat oven to 350˚F. Arrange frozen chicken nuggets in a single layer on a baking sheet. Bake for 10-12 minutes in a conventional oven or 6-8 minutes in a convection oven or until the internal temperature reaches 165 ˚ F.
2. Meanwhile, cook noodles until a la dente. Do not overcook.
3. Pan noodles into a colander steam pan with a solid pan underneath to drain. Remove solid pan and rinse noodles with warm water to remove excess starch. Pour into a regular 4" deep steam pan and toss with a drizzle of olive oil.
4. Steam broccoli, carrots, red pepper and peas in a steamer for 5 minutes until crisp tender.
5. When chicken is done cooking, toss chicken with teriyaki sauce. Combine noodles, chicken and vegetables in serving pans and hold in warmer ovens until serving. (It is not recommended to hold noodles for long periods to avoid a gummy texture. Chicken will hold well in sauce for up to 90 minutes.)

Serving Suggestions: Serve with sugar snap peas, pineapple, a fortune cookie and milk for a complete meal.

Nutrition Facts

Serving Size (305g) (1bowl)

Amount Per Serving

Calories 530	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 80mg	**27%**
Sodium 800mg	**33%**
Total Carbohydrate 79g	**26%**
Dietary Fiber 12g	**48%**
Sugars 15g	
Protein 28g	

Vitamin A 100% • Vitamin C 110%

Calcium 8% • Iron 15%

*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

GOLD KIST CHICKEN

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