Pacer Zinger

000537 - Pacer Zinger : Delaware City	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 50 Size of Portion: 1 cup				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
050420 CHICKEN, DICED, COOKED, IQF, MEAT ONLY..... 902559 Chipotle Chile Pepper, Ground..... 002030 PEPPER,BLACK..... 002020 GARLIC POWDER..... 902560 Soup Cream of Chicken, Healthy Request.....	3 lbs + 2 ozs 1 tsp 1 Tbsp + 1 1/8 tsp 1 Tbsp + 1 1/8 tsp 1 qt + 2 1/4 cups	Preheat oven to 350 degrees Steam chicken until thoroughly cooked. (15 minutes) While hot, toss chicken with pepper, granulated garlic, chipotle spice and soup.
001168 CHEESE,LOFAT,CHEDDAR OR COLBY..... 011282 ONIONS,RAW..... 011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BU... 902562 Chili Green Diced..... 050502 BEANS, BLACK TURTLE, CANNED, SOLIDS AND.....	1 lb + 4 7/8 ozs 2 cups + 1 TBSP (chopped) 1 1/2 cups + 1 TBSP (chopped) 8 1/3 ozs 3 qts + 1/2 cup	Spray hotel pan with non stick spray. Layer chicken mixture in bottom of pan. Add layer of beans chilies, green onion and diced yellow onion Cover all with cheese.
		Heat thoroughly uncovered for 30 minutes until 165 degrees until hot golden and bubbly. Remove from oven Serve Pacer Zinger over 1.5 ounces of whole grain tortilla chips, baked potato, sweet potato fries, or wrapped in whole grain tortilla. Serve by spooning 8 oz over 1.5 ou of tortilla chips.

*Nutrients are based upon 1 Portion Size (1 cup)

Calories	144	kcal	Cholesterol	30	mg	Protein	15.82	g	Calcium	76.47	mg	20.37%	Calories from Total Fat
Total Fat	3.26	g	Sodium	438	mg	Vitamin A	35.6	RE	Iron	2.42	mg	6.40%	Calories from Saturated Fat
Saturated Fat	1.02	g	Carbohydrates	14.54	g	Vitamin A	190.5	IU	Water¹	*16.24*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	4.75	g	Vitamin C	4.3	mg	Ash¹	*0.50*	g	40.41%	Calories from Carbohydrates
												43.97%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.