

Idaho Department of Education

Recipe: 000178 Cherry Asian Chicken 9-12

Recipe Source:
Recipe Group: ENTREES

Alternate Recipe Name:
Number of Portions: 100
Size of Portion: 1 thigh 1/4 cup

Recipe HACCP Process:

005091 CHICKEN,BROILERS OR FRYERS,THIGH,MEAT&SKN,RAW... 902463 USDACHerries, Canned, Red Tart, Pitted 100228.....	100 thigh, with skin 4 #10 Can	<u>Prepare Ingredients:</u> Thaw chicken. Drain cherries.
016424 SOY SAU MADE FROM SOY&WHEAT (SHOYU),LO NA..... 019296 HONEY.....	1 QT + 2 CUP 3 CUP	<u>Make Asian-Cherry Sauce:</u> In a large bowl, whisk soy sauce and honey until honey is dissolved; mix in drained cherries.
		<u>Marinate Chicken:</u> In three full-size deep steam table pans, divide chicken thighs evenly in each pan. Place the chicken evenly and close to each other at the bottom of each pan. Divide sauce evenly and pour over the chicken thighs. Marinate chicken for 2-4 hours in the refrigerator. Tip: Best flavor if marinated over night up to 12 hours. Store in the refrigerator. <u>Cook Chicken:</u> Preheat oven to 400°F. Cook marinated chicken for 35-45 minutes or until chicken reaches 165°F. <u>Serve Chicken:</u> Serve one chicken leg. Using a slotted spoon top chicken with ¼ cup cherries and sauce from pan. If cherries fall off during cooking, use a slotted spoon to scoop cherries from the liquid in the pan and add on top of chicken thigh.

*Nutrients are based upon 1 Portion Size (1 thigh 1/4 cup)

Calories	495	kcal	Cholesterol	185.22	mg	Protein	32.41	g	Calcium	30.66	mg	57.35%	Calories from Total Fat
Total Fat	31.52	g	Sodium	664.42	mg	Vitamin A	253.83	RE	Iron	3.20	mg	15.43%	Calories from Saturated Fat
Saturated Fat	8.48	g	Carbohydrates	20.50	g	Vitamin A	1019.66	IU	Water ¹	*138.51*	g	*0.28%*	Calories from Trans Fat
Trans Fat ¹	*0.15*	g	Dietary Fiber	1.38	g	Vitamin C	2.52	mg	Ash ¹	*3.87*	g	16.58%	Calories from Carbohydrates
												26.20%	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.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	2 oz				? - Milk
Grain.....	oz				? - Egg
Fruit.....	0.25 cup				? - Peanut
Vegetable.....	cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	005091	CHICKEN,BROILERS OR FRYERS,THIGH,MEA			
I	902463	USDACHerries, Canned, Red Tart, Pitted 100228			
I	016424	SOY SAU MADE FROM SOY&WHEAT (SHOYU)			
I	019296	HONEY			

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