

# Honey BBQ Poppers

A student favorite, Gold Kist Farms® Dark Meat Smackers (110458) combined with a lip-smacking sauce will have your students coming back for more.



## YIELD

100 servings

## MENU FIT/DAYPART

Lunch

## COMPONENTS

2 oz eq M/MA

2 oz whole grain

## DIFFICULTY

Easier

## ALLERGENS

Gluten, Soy

## INGREDIENTS AND PREPARATION

100 servings Gold Kist Whole Grain Dark Meat Chicken Smackers (110458)

18 3/4 cups low-sodium BBQ sauce

6 1/4 cups honey

6 1/4 cups ketchup

1. Preheat oven to 350°F. Arrange frozen chicken Smackers in a single layer on a baking sheet. Bake for 6-8 minutes in a convection oven or 10-12 minutes in a conventional oven or internal temperature reaches 165 ° F.
2. Meanwhile, combine BBQ sauce, honey and ketchup in a large saucepan or skillet. Heat over medium-high heat for about 6-7 minutes, whisking occasionally.
3. When Smackers are finished cooking, transfer to a serving container. Pour the warm honey BBQ sauce over the Smackers and mix thoroughly. Serve immediately or hold hot until service.

*Serving Suggestions:* Serve over mashed potatoes or brown rice with orange wedges, peas and milk.

## Nutrition Facts

Serving Size (203g)

Amount Per Serving

Calories 370 Calories from Fat 100

% Daily Value\*

Total Fat 11g 17%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 80mg 27%

Sodium 760mg 32%

Total Carbohydrate 50g 17%

Dietary Fiber 3g 12%

Sugars 32g

Protein 18g

Vitamin A 4% • Vitamin C 0%

Calcium 2% • Iron 0%

\*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



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