

Pepperoni Chicken Parmesan

Gold Kist Farms® Homestyle Breaded Chicken Patty (665400) smothered with marinara sauce, topped with pepperoni slices and bubbly cheese for a comforting Italian meal.



YIELD

100 servings

MENU FIT/DAYPART

Lunch

COMPONENTS

2.25 oz eq M/MA

1 oz whole grain

DIFFICULTY

Easier

ALLERGENS

Gluten, Soy, Dairy

INGREDIENTS AND PREPARATION

100 servings (1 patty each) Gold Kist Whole Grain Homestyle Breaded Chicken Patty (665400)

12 1/2 cups low-sodium spaghetti sauce

3 pounds reduced-fat pepperoni

2 pounds shredded part-skim Mozzarella cheese

1. Preheat oven to 350°F. Arrange frozen chicken pieces in a single layer on an ungreased baking pan. Bake uncovered for 15-20 minutes in a conventional oven or 8-10 minutes in a convection oven or until internal temperature reaches 165 ° F.
2. Take chicken pieces out of the oven and top each patty with 1 ounce (2 tablespoons) spaghetti sauce, 1-2 pieces pepperoni and 1 tablespoon shredded cheese.
3. Place back in the oven until cheese is melted.
4. Serve immediately or keep hot until service.

Nutrition Facts	
Serving Size (141g) (1 patty)	
Amount Per Serving	
Calories 300	Calories from Fat 150
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 710mg	30%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 21g	
Vitamin A 8%	Vitamin C 150%
Calcium 10%	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	

Serving Suggestions: Serve with a whole grain breadstick, roasted broccoli, pears and milk for a complete meal. This recipe can also be made with Gold Kist 26624.



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