

# Chicken Marinara Sub

Gold Kist Chicken® Whole Grain Breaded Nuggets on a whole-grain hoagie roll, drizzled with warm marinara sauce and a sprinkle of mozzarella cheese.



## YIELD

100 servings

## MENU FIT/DAYPART

Lunch

## COMPONENTS

2oz eq M/MA

1 ounce grain (does not include roll)

1/8 cup red/orange vegetable

## DIFFICULTY

Easiest

## ALLERGENS

Wheat, Soy, Dairy

## INGREDIENTS AND PREPARATION

**100 servings (5 nuggets each) Gold Kist Whole Grain Breaded Nuggets (615300) (about 20 pounds)**

**9 1/3 quarts marinara sauce, prepared, warm**

**5 pounds mozzarella cheese, shredded**

**100 whole grain hoagie rolls**

1. Preheat oven to 350°F. Arrange chicken nuggets in a single layer on an ungreased sheet pan. Bake for 10-14 minutes in a conventional oven or 8-10 minutes in a convection oven or until product reaches 165° F.
2. To assemble each sandwich, place five nuggets inside hoagie roll, then drizzle with 3 ounces warm marinara sauce and sprinkle with shredded Mozzarella cheese.
3. Serve immediately.

Nutrition Facts	
Serving Size 1 Piece (233g)(1 sandwich)	
Amount Per Serving	
<b>Calories 380</b>	<b>Calories from Fat 140</b>
	<b>% Daily Value*</b>
<b>Total Fat 16g</b>	<b>25%</b>
<b>Saturated Fat 5g</b>	<b>25%</b>
<b>Trans Fat 0g</b>	
<b>Polyunsaturated Fat 4g</b>	
<b>Monounsaturated Fat 4g</b>	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 760mg</b>	<b>32%</b>
<b>Potassium 290mg</b>	<b>8%</b>
<b>Total Carbohydrate 32g</b>	<b>11%</b>
<b>Dietary Fiber 4g</b>	<b>16%</b>
<b>Sugars 3g</b>	
<b>Protein 26g</b>	<b>52%</b>
<b>Vitamin A 4%</b>	<b>Vitamin C 150%</b>
<b>Calcium 25%</b>	<b>Iron 20%</b>
<b>Folate 10%</b>	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	<small>Calories: 2,000 2,500</small>
<b>Total Fat</b>	<small>Less than 65g 80g</small>
<b>Saturated Fat</b>	<small>Less than 20g 25g</small>
<b>Cholesterol</b>	<small>Less than 300mg 300mg</small>
<b>Sodium</b>	<small>Less than 2,400mg 2,400mg</small>
<b>Potassium</b>	<small>3,500 mg 3,500 mg</small>
<b>Total Carbohydrate</b>	<small>300g 375g</small>
<b>Dietary Fiber</b>	<small>25g 30g</small>
<b>Protein</b>	<small>50g 65g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

*Serving Suggestions:* Serve with steamed broccoli and cauliflower, orange slices and milk.



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