

Buffalo Chicken Sub

A whole grain hoagie roll, stuffed with Gold Kist Chicken® Whole Grain Breaded Nuggets (615300) tossed in a Buffalo-style sauce, finished with a drizzle of Bleu cheese dressing.



YIELD

100 servings

MENU FIT/DAYPART

Lunch

COMPONENTS

2oz eq M/MA

1 ounce grain (does not include roll)

DIFFICULTY

Easiest

ALLERGENS

Wheat, Soy, Dairy

INGREDIENTS AND PREPARATION

20 pounds Gold Kist Whole Grain Breaded Chicken Nuggets (615300)

6 1/4 quarts Buffalo-sauce (low-sodium)

100 whole wheat Hoagie rolls

6 1/4 cups lite Bleu cheese dressing

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. In a large bowl, toss nuggets with Buffalo sauce.
3. To assemble each sandwich, place five nuggets inside a hoagie roll and drizzle with Bleu cheese dressing.
4. Serve immediately.

Nutrition Facts

Serving Size 1 Piece (150g)(1 sandwich)

Amount Per Serving

Calories 290 Calories from Fat 90

% Daily Value*

Total Fat 10g 15%

Saturated Fat 2g 10%

Trans Fat 0g

Polyunsaturated Fat 4g

Monounsaturated Fat 3g

Cholesterol 35mg 12%

Sodium 690mg 29%

Potassium 340mg 10%

Total Carbohydrate 31g 10%

Dietary Fiber 4g 16%

Sugars 4g

Protein 19g 38%

Vitamin A 4% • Vitamin C 160%

Calcium 8% • Iron 20%

Folate 10%

*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 25g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Potassium 3,500 mg 3,500 mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Protein 50g 65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Serving Suggestions: Serve with carrot and celery sticks, cinnamon apples and milk.



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