

# BBQ Chicken Sub

Pierce® 1/2" White and Dark Meat Diced Chicken (1230) tossed with BBQ sauce and served with sautéed onions and peppers and melted cheese on a whole wheat roll.



## YIELD

100 servings

## MENU FIT/DAYPART

Lunch, Supper

## COMPONENTS

2 oz eq M/MA

2 oz grain

## DIFFICULTY

Easier

## ALLERGENS

wheat, dairy

## INGREDIENTS AND PREPARATION

100 servings (2.72oz each) Pierce Diced Chicken (1230)

1 gallon low-sodium BBQ sauce

25 green bell peppers, sliced

25 red bell peppers, sliced

50 onions, sliced thin

12 1/2 cups shredded part-skim Mozzarella cheese

100 whole wheat Hoagies

1. Preheat oven to 350°F. Arrange chicken pieces in a single layer on an ungreased baking pan. Bake for 90 minutes in a conventional oven or 45 minutes in a convection oven or until product reaches 165° F.
2. Meanwhile, heat a light coating of oil in a large skillet. Add the sliced peppers and onions and cook 5-6 minutes until softened and lightly golden.
3. When chicken has finished cooking, toss with BBQ sauce and keep warm.
4. To prepare sandwiches, top each roll with 1 serving (4 oz/#8 spoodle) BBQ chicken, 1/2 cup cooked peppers and onions and 1 ounce shredded cheese.

Nutrition Facts	
Serving Size (353g)	
Amount Per Serving	
Calories 430	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 640mg	27%
Total Carbohydrate 55g	18%
Dietary Fiber 8g	32%
Sugars 20g	
Protein 32g	
Vitamin A 8%	Vitamin C 110%
Calcium 30%	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 corn on the cob, peaches and milk.



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