

Baked Chicken

Component: Meat/Meat Alternate

Recipe Category: Main Dish

D-06 modified

Serving: 1 ½ oz meat/ meat alt	Yield:	Volume:
1-2 years: ⅔ serving (1 oz)	50 Servings:	50 Servings:
3-5 years: 1 serving (1 ½ oz)		
6-18 years: 1 ⅓ serving (2 oz)	100 Servings:	100 Servings:

NOTES:

Nutrient information calculated using Food Processor.

Nutrients Per Serving			
Calories	72.25	Saturated Fat	0.45 g
Protein	12.48 g	Cholesterol	48.81 mg
Carbohydrate	0.25 g	Vitamin A	3.41 RAE mcg
Total Fat	2.24 g	Vitamin C	0.01 mg
		Iron	0.69 mg
		Calcium	1.00 mg
		Sodium	53.52 mg
		Dietary Fiber (2016)	0.08 g