



RC Product Code: 54487

# Nuggets with Tzatziki Sauce

with Premium Artisan Whole Grain Breaded Chicken Breast Nuggets, CN Labeled, Fully Cooked

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**Serving Size:** 5.2oz  
**Yield:** 100 servings  
**Contribution:** 2oz meat/meat alternate, 1oz grain

## Nutritional information for 5.2oz serving

<b>Portion</b>	5.2oz / 5 nuggets	<b>Cholesterol (mg)</b>	52
<b>Calories</b>	236	<b>Sodium (mg)</b>	372
<b>Total Fat (g)</b>	10	<b>Total Carbohydrates (g)</b>	15
<b>Saturated Fat (g)</b>	2	<b>Sugar (g)</b>	>1
<b>Trans Fat (g)</b>	0	<b>Protein (g)</b>	21
<b>Sugar (g)</b>	1		

<b>Ingredients</b>	<b>Amount</b>	<b>Instructions</b>
Premium Artisan Whole Grain Breaded Chicken Breast Nuggets, CN Labeled, Fully Cooked	30lbs	Place breaded nuggets in single layer on large sheet pan, heat in 350° F convection oven for 9-12 minutes or until nuggets reach an internal temperature of 165° F.
Tzatziki Sauce (See Recipe Below)	1gal	Place 5 nuggets in food tray w/ 2tbsp tzatziki sauce and serve.

<b>Tzatziki Sauce</b>	<b>Amount</b>	<b>Yield 1 Gallon</b>
Cucumbers	4.5lbs	Grate the cucumber and lightly squeeze to remove extra moisture. Place dry cucumber in mixing bowl.
Plain Greek Yogurt 32oz container	3 containers	Add yogurt, dill, lemon juice, garlic and sea salt. Mix thoroughly.
Fresh Dill (Chopped)	1cup	Refrigerate overnight.
Lemon Juice	1/2cup	
Minced Garlic	7 cloves	
Fine Sea Salt	1tbsp	

It is recommended that any recipe be put through your own nutrition assessment before making the determination as to whether or not it fits into your school's menu plan.

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