

Chicken Drumstick w/Dry rub Tex-Mex & Red Rice #001696

Ingredients

50 Chicken Drumstick
 1/2c Tex-Mex rub

 11.5 # Brown Rice
 20 cups Water

 1/2 can Salsa

Makes: 50
Prep Time:
Cooking Time:
Provides: 2M/MA 2G

Image



Nutrition Facts

| C Chicken Drums w/Rd Rice18-19 | |
|--|-----------------------|
| Nutrition Facts | |
| Serving Size: Servings | |
| Serving per Container: 1 | |
| Amount Per Serving | Calories from Fat 103 |
| Calories: 428 | % Daily Value* |
| Total Fat 11.4g | 18% |
| Saturated Fat 2.5g | 13% |
| Trans Fat "N/A" | |
| Cholesterol 90mg | 30% |
| Sodium 184mg | 8% |
| Total Carbohydrate 52.4g | 17% |
| Dietary Fiber 4.1g | 16% |
| Protein 26.3g | 52% |
| Vitamin A 4% | Vitamin C 7% |
| Calcium 1% | Iron 7% |
| *Percent Daily Values are provided for informational purposes only, not for monitoring purposes. | |
| * - Percent Daily Values are based on a diet of 2,000 calories. | |
| "N/A" - denotes a nutrient that is either missing or incomplete for an individual ingredient. | |

Possible Allergens or Sensitivites

| | | Yes | No | Comments |
|----|-----------------|------|---------|----------|
| 1. | Contains Egg | | X | |
| 2. | Contains Dairy | | X | |
| 3. | Contains Nuts | | X | |
| 4. | Contains Pork | | X | |
| 5. | Contains Gluten | | X | |
| 6. | Contains Soy | | X | |
| 7. | Vegetarian | Rice | Chicken | |