

# Chicken n' Waffle Tacos

Gold Kist Farms® Whole Grain Popcorn Chicken (691600) served in waffle tacos is a creative spin on the chicken and waffle trend that your students will go crazy for!



<http://www.hungry-girl.com/recipes/chicken-n-waffle-tacos>

## YIELD

1 servings (2 waffles each)

## MENU FIT/DAYPART

Lunch/Breakfast

## COMPONENTS

2oz eq M/MA

2 ounce grain

## DIFFICULTY

Easy

## ALLERGENS

wheat, dairy, soy

## INGREDIENTS AND PREPARATION

**100 servings Gold Kist Whole Grain Breaded Popcorn Chicken (691600)**

**200 round, whole wheat waffles, thawed**

**100 servings (1 ounce each) lite maple syrup**

1. Preheat oven to 350°F. Place frozen chicken pieces in a single layer on an ungreased 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. Increase oven temperature to 425 ° F. With a rolling pin, flatten thawed waffles as much as possible. Evenly drape each waffle over the edge of a baking dish, like upside down tacos. Bake until crispy, about 10 minutes.
3. Place popcorn chicken in waffle taco shells. Serve with maple syrup for drizzling or dipping.

Nutrition Facts	
Serving Size (188g) (2 tacos)	
Amount Per Serving	
<b>Calories</b> 350	<b>Calories from Fat</b> 150
<b>% Daily Value*</b>	
<b>Total Fat</b> 17g	<b>26%</b>
<b>Saturated Fat</b> 3g	<b>15%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 680mg	<b>28%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
<b>Dietary Fiber</b> 4g	<b>16%</b>
<b>Sugars</b> 2g	
<b>Protein</b> 18g	
<b>Vitamin A</b> 2%	<b>Vitamin C</b> 0%
<b>Calcium</b> 8%	<b>Iron</b> 20%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
<b>Total Fat</b>	<small>Less than 65g 80g</small>
<b>Saturated Fat</b>	<small>Less than 20g 25g</small>
<b>Cholesterol</b>	<small>Less than 300mg 300mg</small>
<b>Sodium</b>	<small>Less than 2,400mg 2,400mg</small>
<b>Total Carbohydrate</b>	<small>300g 375g</small>
<b>Dietary Fiber</b>	<small>25g 30g</small>
<small>Calories per gram:</small>	
	<small>Fat 9 • Carbohydrate 4 • Protein 4</small>

*Serving Suggestions:* Serve with mixed berries and milk. Serve in serving boats for BIC or grab n' go.



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