

# Grilled Chicken Sandwich

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Complex Food Prep

Grilled Chicken Sandwich

## Nutrition Information

<b>Calories</b>	270.00	<b>Protein</b>	28.00g
<b>Fat</b>	4.50g	<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	60.00mg
<b>Carbohydrates</b>	28.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	4.00g	<b>Sodium</b>	530.00mg
<b>Iron</b>	2.72mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	0.00IU	<b>Calcium</b>	91.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Each	152121	CHIX BRST GRLLD CKD 3Z 2-5 TYS	<p>CONVECTION</p> <p>Appliances vary, adjust accordingly.</p> <p>Convection Oven</p> <p>From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes.</p> <p>MICROWAVE</p> <p>Appliances vary, adjust accordingly.</p> <p>Microwave</p> <p>From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.</p>

Measurement	DistPart #	Description	Preparation Instructions
1 1 bun		3474 WGR HAMBURGER BUN (76) 60g 12ct	READY_TO_EAT

## Preparation Instructions