

Grilled Chicken Garden Salad

Servings:	1.00
Serving Size:	1.00 Each
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Salad

Nutrition Information

Calories	282.80	Protein	28.36g
Fat	7.82g	SaturatedFat	3.38g
Trans Fat	0.00g	Cholesterol	74.40mg
Carbohydrates	22.48g	Fiber	4.00g
Sugar	2.00g	Sodium	561.20mg
Iron	3.10mg	Vitamin C	60.00mg
Vitamin A	10134.88IU	Calcium	176.96mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Cup	735787	LETTUCE ROMAINE CHOP 6-2 RSS	

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> <p>Chopped</p>
1 Ounce	150250	CHEESE CHED MLD SHRD 4-5# COMM	
1 Each	152211	BREADSTICK WGRAIN 1.31Z 10- 20CT	

Preparation Instructions