

Southwest Salad

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

Salad

Nutrition Information

Calories	628.35	Protein	33.05g
Fat	33.01g	SaturatedFat	9.63g
Trans Fat	0.00g	Cholesterol	102.33mg
Carbohydrates	43.16g	Fiber	3.20g
Sugar	7.67g	Sodium	1201.00mg
Iron	2.47mg	Vitamin C	271.79mg
Vitamin A	14137.96IU	Calcium	210.23mg

Ingredients

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

Measurement	DistPart #	Description	Preparation Instructions
2 Ounce	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>
1 Ounce	647220	SEASONING ZESTY NO SALT 19Z TRDE	
1/2 Each	597082	PEPPERS RED 5 P/L	diced (optional)
2 Ounce	834770	BACON TKY CKD 12- 50CT JENNO	crumbled
2 Ounce	712131	CHEESE BLND CHED/MONTRY JK SHRD 4-5	
2 Ounce	434526	SALSA PICO DE GALLO 6-32Z ITALR	
2 Ounce	403573	CHIP TORTL TRI- COLOR STRIP 10-1 GFS	
2 Ounce	253839	DRESSING RNCH SW 6-.5GAL PMLL	

Preparation Instructions

2 oz. Black Bean Corn Relish added to the salad