

# Crispy Popcorn Chicken Salad

<b>Servings:</b>	1.00
<b>Serving Size:</b>	1.00 Each
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Salad

## Nutrition Information

<b>Calories</b>	473.80	<b>Protein</b>	25.91g
<b>Fat</b>	19.47g	<b>SaturatedFat</b>	5.91g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	74.40mg
<b>Carbohydrates</b>	49.23g	<b>Fiber</b>	7.70g
<b>Sugar</b>	4.75g	<b>Sodium</b>	2678.95mg
<b>Iron</b>	4.58mg	<b>Vitamin C</b>	94.45mg
<b>Vitamin A</b>	10705.03IU	<b>Calcium</b>	182.62mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
2 Cup	735787	LETTUCE ROMAINE CHOP 6-2 RSS	
10 Piece	536620	CHIX PCORN LRG WGRAIN CKD 6-5	BAKE  FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.
1 Ounce	150250	CHEESE CHED MLD SHRD 4-5# COMM	
4 Slice	418439	CUCUMBER SELECT 24CT MRKN	
1 Ounce	569551	TOMATO CHERRY 11 MRKN	
1 Package	175400	CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	

Measurement	DistPart #	Description	Preparation Instructions
1 Each	152211	BREADSTICK WGRAIN 1.31Z 10-20CT	*Offered on Salad Bar area
1/2 Slice	199036	TOMATO 6X6 LRG 25 MRKN	
3 Each	466220	PEPPERS BAN RING MILD 4-1GAL GFS	
1 Ounce	149209	PICKLE DILL SLCD HAMB 2900CT 5GAL GFS	

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