

# Grilled Chicken Garden 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>	312.80	<b>Protein</b>	29.36g
<b>Fat</b>	8.82g	<b>SaturatedFat</b>	3.38g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	74.40mg
<b>Carbohydrates</b>	27.48g	<b>Fiber</b>	4.00g
<b>Sugar</b>	3.00g	<b>Sodium</b>	656.20mg
<b>Iron</b>	3.10mg	<b>Vitamin C</b>	60.00mg
<b>Vitamin A</b>	10134.88IU	<b>Calcium</b>	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	*Optional Offered on the Salad bar line
1 Package	175400	CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	

## Preparation Instructions