

# Wrap Chicken Cheese Ranch

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45206
<b>School:</b>	Walton-Verona High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Chicken	2 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	
Shredded Cheddar Cheese	1 Ounce		100003
DRESSING RNCH	1 Fluid Ounce	READY_TO_EAT Ready to use.	759082
TORTILLA FLOUR 10 12-12CT GRSZ	1 Each	READY_TO_EAT	713340

## Preparation Instructions

Start with tortilla shell , Layer : ranch dressing , cheese , chicken . Fold into a wrap and put in 5x5 container . Store in cooler and serve .

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	492.00
<b>Fat</b>	29.00g
<b>SaturatedFat</b>	10.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	82.00mg
<b>Sodium</b>	856.00mg
<b>Carbohydrates</b>	34.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	22.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 58.67mg	<b>Iron</b> 2.06mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available