

Salad -Asian Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44335

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE	1/4 Cup	BAKE	612448
NOODLE CHOW MEIN 1.5/CAN	1/2 Cup		124516
CHIX TNDR BRD WGRAIN 2.07Z	2 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830
SLAW HEART-Y	1 Cup		680752

Preparation Instructions

Gather all of your ingredients.

Plastic containers for the salads.

Slice grilled chicken breast into strips before placing on top of the salad.

CCP: Hold at 40 degrees F or less.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.250
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	388.33
Fat	18.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	675.00mg
Carbohydrates	38.67g
Fiber	4.67g
Sugar	8.17g
Protein	24.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 22.33mg	Iron 3.72mg

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

Nutrition - Per 100g

No 100g Conversion Available