

Wrap Chicken Cheese Ranch

NO IMAGE

| | | | |
|----------------------|---------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45206 |
| School: | 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

| | |
|-----------------|-------|
| Meat | 3.000 |
| Grain | 2.250 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available