

ORIENTAL GRILLED CHICKEN SALAD DRESSING



Servings:	12.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40413
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING SALAD	1 Pint	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep, making it easy to customize with simple herbs and spices, like onion powder or chives or smoky Chipotle seasoning. Create new flavorful salads or use as a custom base to your own signature sauce.	107042
VINEGAR RICE WINE SEAS	1/2 Cup	READY_TO_EAT Use directly from the bottle.	661651
HONEY	3/4 Cup		225614
MUSTARD DIJON PLAS	1 Fluid Ounce		312267
OIL SESAME PURE	1 1/2 Teaspoon	SAUTE Roland Sesame Oil may used straight from the tin, preferably at room temperature. It holds up well under heat and can be used in a variety of cooking preparations. A little goes a long way.	348630

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 12.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	220.83		
Fat	14.18g		
SaturatedFat	2.22g		
Trans Fat	0.21g		
Cholesterol	21.33mg		
Sodium	402.03mg		
Carbohydrates	23.67g		
Fiber	0.00g		
Sugar	21.00g		
Protein	0.27g		
Vitamin A	27.41IU	Vitamin C	0.03mg
Calcium	3.41mg	Iron	0.11mg

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

Nutrition - Per 100g

Calories	389.48		
Fat	25.02g		
SaturatedFat	3.91g		
Trans Fat	0.38g		
Cholesterol	37.63mg		
Sodium	709.07mg		
Carbohydrates	41.74g		
Fiber	0.00g		
Sugar	37.04g		
Protein	0.47g		
Vitamin A	48.35IU	Vitamin C	0.05mg
Calcium	6.02mg	Iron	0.19mg

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