

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				