

GRILLED CHICKEN BREAST STRIPS FOR SALAD



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43881
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST STRP GRLD	2 Ounce	<p>CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the strips on a lined (non-stick) sheet pan. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 14-17 minutes.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave Oven From frozen, place 1 or 2 portions on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting 1 1 2 - 2 1 2 minutes. Stir product half way through heating time.</p>	411181

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	80.00		
Fat	1.67g		
SaturatedFat	0.33g		
Trans Fat*	0.00g		
Cholesterol	40.00mg		
Sodium	213.33mg		
Carbohydrates	0.67g		
Fiber	0.00g		
Sugar	0.00g		
Protein	14.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.67mg	Iron	0.53mg

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

Nutrition - Per 100g

Calories	141.10		
Fat	2.94g		
SaturatedFat	0.59g		
Trans Fat*	0.00g		
Cholesterol	70.55mg		
Sodium	376.26mg		
Carbohydrates	1.18g		
Fiber	0.00g		
Sugar	0.00g		
Protein	25.87g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.76mg	Iron	0.94mg

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