

Chicken Fajita



Servings:	20.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15807
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX THGH STRP FAJT CKD 1/2IN	5 Pound		505765
SEASONING FAJITA MIX	1 Package		518298
PEPPERS GREEN LRG	2 Each	Slice peppers	198757
ONION RED JUMBO	2 Each	slice onions	198722

Preparation Instructions

Mix all together and steam till 165 degrees

Meal Components (SLE)

Amount Per Serving

Meat	2.667
Grain	0.000
Fruit	0.000
GreenVeg	0.100
RedVeg	0.000
OtherVeg	0.044
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	202.64		
Fat	8.03g		
SaturatedFat	2.01g		
Trans Fat*	0.00g		
Cholesterol	126.67mg		
Sodium	1485.55mg		
Carbohydrates	9.89g		
Fiber	0.30g		
Sugar	0.50g		
Protein	24.16g		
Vitamin A	55.19IU	Vitamin C	12.19mg
Calcium	2.14mg	Iron	1.39mg

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

Nutrition - Per 100g

No 100g Conversion Available