

Salad -Asian Chicken



Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44335

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE	1/4 Cup	BAKE	612448
NOODLE CHOW MEIN 1.5/CAN	1/2 Cup		124516
CHIX TNDR BRD WGRAIN 2.07Z	2 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830
SLAW HEART-Y	1 Cup		680752

Preparation Instructions

Gather all of your ingredients.

Plastic containers for the salads.

Slice grilled chicken breast into strips before placing on top of the salad.

CCP: Hold at 40 degrees F or less.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.250
Fruit	0.250
DarkGreen	0.500
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
Calories	388.33
Fat	18.00g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	675.00mg
Carbohydrates	38.67g
Fiber	4.67g
Total Sugar	8.17g
Added Sugar	6.50g
Protein	24.17g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 22.33mg	Iron 4.12mg

Nutrition - Per 100g

No 100g Conversion Available