

Crispy Breaded Chicken Wrap

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57773
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	Leftover cooled and documented correctly---Dice/cut patty.	558061
LETTUCE ROMAINE RIBBONS	1/4 Cup		451730
Cheese, Cheddar Reduced fat, Shredded	1/8 Cup		100012
TORTILLA FLOUR ULTRGR 9"	1 Each		523610

Preparation Instructions

Layer ingredients on top of tortilla-diced chicken patty, shredded lettuce, and shredded cheese. Hold in cooler for service.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	3.250
Fruit	0.000
DarkGreen	0.000
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 Wrap

Amount Per Serving	
Calories	454.10
Fat	20.62g
Saturated Fat	7.08g
Trans Fat	0.00g
Cholesterol	35.40mg
Sodium	714.00mg
Carbohydrates	45.02g
Fiber	6.25g
Total Sugar	3.25g
Added Sugar	1.00g
Protein	21.89g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 79.00mg	Iron 3.44mg

Nutrition - Per 100g

Calories	3080.73
Fat	139.89g
Saturated Fat	48.03g
Trans Fat	0.00g
Cholesterol	240.16mg
Sodium	4843.96mg
Carbohydrates	305.43g
Fiber	42.40g
Total Sugar	22.05g
Added Sugar	6.78g
Protein	148.51g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 535.96mg	Iron 23.34mg