

Crispy Breaded Chicken Wrap

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	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	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