

# Crispy Breaded Chicken Wrap

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57773
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	3.250
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

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

## Nutrition - Per 100g

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