

Chicken Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57922

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Totcho / Chicken meet	4 Ounce	Combine chicken and seasoning: Place cooked diced chicken into a large stockpot or tilt skillet. In a separate container, mix taco seasoning with water until blended (follow seasoning directions for exact ratio). Pour seasoning mixture over chicken. Stir to coat chicken evenly. Heat on medium until the mixture reaches 165°F. Stir often to prevent sticking.	R-54974
LETTUCE ROMAINE RIBBONS	2 Cup		451730
CHIP TORTL TRI-COLOR STRIP	1 Cup		403573
TOMATO ROMA DCD 3/8"	1/4 Ounce		786543
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce		150250
APPLE FRSH SLCD	1 Package		473171
2 oz salsa	2 Ounce	this salsa is to be served with breakfast burrito as a condiment in a 2 oz portion cup.	R-51424
SOUR CREAM PKT	1 Each		745903

Preparation Instructions

- Put the lettuce on bottom
- Add the Taco chicken on top.
- Sprinkle diced tomatoes, cheese and tortilla strips.
- Sour Cream packet, salsa on the side

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	2.000
Fruit	0.500
DarkGreen	1.000
Red/Orange	0.200
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	778.75
Fat	47.00g
Saturated Fat	15.50g
Trans Fat	0.00g
Cholesterol	160.00mg
Sodium	710.00mg
Carbohydrates	132.25g
Fiber	5.08g
Total Sugar	12.17g
Added Sugar	0.00g
Protein	39.58g
Vitamin A 0.00mcg RAE	Vitamin C 20.00mg
Calcium 520.75mg	Iron 0.53mg

Nutrition - Per 100g

Calories	110.99
Fat	6.70g
Saturated Fat	2.21g
Trans Fat	0.00g
Cholesterol	22.80mg
Sodium	101.19mg
Carbohydrates	18.85g
Fiber	0.72g
Total Sugar	1.73g
Added Sugar	0.00g
Protein	5.64g
Vitamin A 0.00mcg RAE	Vitamin C 2.85mg
Calcium 74.22mg	Iron 0.08mg