

Grilled Chicken Caesar Wrap



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Wrap	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12342

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1/2 Cup		451730
CHIX BRST FLLT GRLLD FC	1 Each	N/A	209244
TORTILLA WHLWHE 12IN	1 Each		118910
APPLE FRSH SLCD	1 Package	BAKE READY_TO_EAT	473171
CARROT BABY WHL PETITE	3/4 Cup		768146
DRESSING CAESAR CARDINI	1 Teaspoon		776866

Preparation Instructions

- 1 cook chicken breast on a sheet pan for 15 mins at 350 until chicken reaches an internal temp of 165
- 2.slice chicken into strips add chicken to tortilla top with lettuce dressing and cheese cut in half on a diagonal.
3. add 3/4 c carrots and 1 bag of apple slices to your grab and go container .

jsh 12.11.24

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	3.750
Fruit	0.500
DarkGreen	0.250
Red/Orange	0.750
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	476.50
Fat	15.33g
Saturated Fat	4.92g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	1172.94mg
Carbohydrates	64.45g
Fiber	3.82g
Total Sugar	13.14g
Added Sugar	2.00g
Protein	23.67g
Vitamin A 0.00mcg RAE	Vitamin C 20.00mg
Calcium 131.44mg	Iron 0.93mg

Nutrition - Per 100g

Calories	452.43
Fat	14.56g
Saturated Fat	4.67g
Trans Fat	0.00g
Cholesterol	52.22mg
Sodium	1113.69mg
Carbohydrates	61.20g
Fiber	3.63g
Total Sugar	12.48g
Added Sugar	1.90g
Protein	22.47g
Vitamin A 0.00mcg RAE	Vitamin C 18.99mg
Calcium 124.80mg	Iron 0.88mg