

Asian Chicken Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-12010

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD FC	1 Each	(3.10 oz by weight) BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
LETTUCE ROMAINE CHOP	2 Cup		735787
ORANGES MAND IN JCE	1/4 Cup	BAKE	612448
RAISIN SELECT	60 Each		496146
SEED SUNFLWR KERN	1 Ounce		504180
NOODLE CHOW MEIN 1.5#/CAN	1/2 Cup		124516
DRESSING ASIAN SESM GINGR	2 Ounce		166722

Preparation Instructions

Gather all of your ingredients.

Plastic containers for the salads.

Slice grilled chicken breast into strips before placing on top of the salad.

CCP: Hold at 40 degrees F or less.

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
Grain	1.250
Fruit	0.679
DarkGreen	1.000
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 salad

Amount Per Serving	
Calories	698.00
Fat	37.76g
Saturated Fat	7.50g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	1116.69mg
Carbohydrates	70.57g
Fiber	7.97g
Total Sugar	38.36g
Added Sugar	9.50g
Protein	26.53g
Vitamin A 3.17mcg RAE	Vitamin C 0.09mg
Calcium 75.63mg	Iron 5.12mg

Nutrition - Per 100g

Calories	820.69
Fat	44.39g
Saturated Fat	8.82g
Trans Fat	0.00g
Cholesterol	58.79mg
Sodium	1312.98mg
Carbohydrates	82.98g
Fiber	9.37g
Total Sugar	45.10g
Added Sugar	11.17g
Protein	31.19g
Vitamin A 3.73mcg RAE	Vitamin C 0.10mg
Calcium 88.92mg	Iron 6.02mg