

Buffalo Chicken Salad

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28645

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Homemade Croutons	1/4 Cup	1. Cut bread in to cubes, making 3 vertical cuts from top to bottom and horizontal cuts across that gives you approx 9 cubes per slice 2. Melt 1/4 cup of butter and pour into a large mixing bowl. 3. Toss all of your bread cubes from all of your cubed bread into your melted butter 4. Add 2 tsp of garlic seasoning and mix together well 5. Place bread cubes on a single layer on a baking sheet (not to close to each other) and bake at 375 for 7-12 mins oven times may vary 6. Bake until golden brown and slightly crisp. 7. Serve a 1/4 c approx 9-10 pieces of croutons on salads to create a 1 grain equivalent.	R-51562
Chicken, Diced, Cooked, Frozen	3 Ounce	Weight Thaw in frige 36-41 degrees. Use within 2 days	100101
SAUCE HOT	1 Teaspoon		263030
LETTUCE ROMAINE RIBBONS	2 Cup		451730
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	N/A	150250
TOMATO GRAPE SWT	3 Each		129631
CUCUMBER SLCD 1/4IN	1/8 Cup	2 slices	329517
DRESSING RNCH PKT 120-1.5FLZ BRTHARB	1 Each		222540

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE	3/4 Cup		768146
APPLE FRSH SLCD	1 Package	N/A	473171

Preparation Instructions

1. Mix diced chicken with hot sauce
2. add lettuce to container and top with 3 oz of Buffalo chicken add cucumber tomato and cheese
3. serve with 3/4 of a cup of carrots and 1 bag of sliced apples in to go container with salad serve dressing and whole roll on the side.

Meal Components

Amount Per Serving

Meat/Meat Alternate	4.000
Grain	1.000
Fruit	0.500
DarkGreen	1.000
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 salad

Amount Per Serving	
Calories	541.86
Fat	35.24g
Saturated Fat	10.90g
Trans Fat	0.00g
Cholesterol	115.00mg
Sodium	729.13mg
Carbohydrates	28.56g
Fiber	5.90g
Total Sugar	16.58g
Added Sugar	0.06g
Protein	26.32g
Vitamin A 588.99mcg RAE	Vitamin C 29.44mg
Calcium 294.01mg	Iron 1.18mg

Nutrition - Per 100g

Calories	189.74
Fat	12.34g
Saturated Fat	3.82g
Trans Fat	0.00g
Cholesterol	40.27mg
Sodium	255.32mg
Carbohydrates	10.00g
Fiber	2.06g
Total Sugar	5.81g
Added Sugar	0.02g
Protein	9.22g
Vitamin A 206.24mcg RAE	Vitamin C 10.31mg
Calcium 102.95mg	Iron 0.41mg