

# Buffalo Chicken Salad

<b>Servings:</b>	30.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-55865
<b>School:</b>	The Grind		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	30 Each		327080
Cheddar Cheese shredded	30 Ounce		150250
LETTUCE ROMAINE	30 Cup		305812
Baby Carrots	15 Cup		
Cucumber	60 Slice		
Grape Tomato	60 Each		372410
Mini Garlic Toast	30 Slice		462346

## Preparation Instructions

- Step 1: Clean and chop lettuce
- Step 2: Clean and shred carrots
- Step 3: Clean cucumbers and slice
- Step 4: Clean grape tomatoes
- Step 5: Place 1 cup chopped lettuce in the container. Place a sprinkle of shredded carrots on top.
- Step 6: Place 2 cucumber slices on top of the lettuce
- Step 7: Place 2 grape tomatoes on top of the lettuce
- Step 8: Thaw spicy chicken patties in a cooler
- Step 9: Slice chicken into strips
- Step 10: Place strips on salad
- Step 11: Place cheese on top of chicken strips
- Step 12: Bake garlic bread according to package directions
- Step 13: Serve salad with warm garlic bread and a choice of salad dressing

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.500
<b>Red/Orange</b>	1.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 30.000

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	368.93
<b>Fat</b>	15.60g**
<b>Saturated Fat</b>	3.21g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	21.07mg
<b>Sodium</b>	509.59mg
<b>Carbohydrates</b>	38.24g
<b>Fiber</b>	6.00g
<b>Total Sugar</b>	7.50g
<b>Added Sugar</b>	1.00g**
<b>Protein</b>	16.71g
<b>Vitamin A</b> 23.80mcg RAE**	<b>Vitamin C</b> 7.80mg**
<b>Calcium</b> 58.11mg	<b>Iron</b> 3.06mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

<b>Calories</b>	1301.34
<b>Fat</b>	55.03g**
<b>Saturated Fat</b>	11.34g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	74.33mg
<b>Sodium</b>	1797.48mg
<b>Carbohydrates</b>	134.87g
<b>Fiber</b>	21.16g
<b>Total Sugar</b>	26.46g
<b>Added Sugar</b>	3.53g**
<b>Protein</b>	58.96g
<b>Vitamin A</b> 83.95mcg RAE**	<b>Vitamin C</b> 27.51mg**
<b>Calcium</b> 204.96mg	<b>Iron</b> 10.79mg

\*\*One or more nutritional components are missing from at least one item on this recipe.