

Southwest Chicken Salad HS

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57088
School:	Prairie Heights Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	2 Cup		15D44
TOMATO GRAPE	1/4 Cup		802040
CUCUMBER SELECT	1/4 Cup		418439
PEPPERS BELL GRN ORGNC	1/4 Cup		254851
CORN & BLK BEAN FLME RSTD	1/4 Cup		163760
Cheddar Cheese shredded	1/16 Cup		150250
CHIX STRP FAJT DK MT FC	3 Ounce		860390
SALSA CUP	1 Each		677802
CHIP CORN FUN SZ	1 Package		158763
CRACKER GLDFSH WGRAIN COLOR	1 Package		112702

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	2.000
Red/Orange	0.750
OtherVeg	0.350
Beans, Peas, and Lentils	0.050
Starchy	0.050

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	433.56**
Fat	19.52g**
Saturated Fat	3.70g**
Trans Fat	0.00g**
Cholesterol	80.06mg**
Sodium	935.19mg**
Carbohydrates	35.56g**
Fiber	3.82g**
Total Sugar	5.64g**
Added Sugar	0.00g**
Protein	21.80g**
Vitamin A 27.30mcg RAE**	Vitamin C 0.73mg**
Calcium 39.84mg**	Iron 2.21mg**

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

Nutrition - Per 100g

Calories	509.78**
Fat	22.95g**
Saturated Fat	4.35g**
Trans Fat	0.00g**
Cholesterol	94.14mg**
Sodium	1099.57mg**
Carbohydrates	41.81g**
Fiber	4.49g**
Total Sugar	6.64g**
Added Sugar	0.00g**
Protein	25.64g**
Vitamin A 32.10mcg RAE**	Vitamin C 0.86mg**
Calcium 46.84mg**	Iron 2.60mg**

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