

# Popcorn Chicken Salad - HS

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54336
<b>School:</b>	Prairie Heights High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE CHL ROMAINE CHOP 6/2 LB BG	2 Cup		15D44
CHIX PCORN LRG WGRAIN CKD	8 Each		536620
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
CUCUMBER SELECT	1/4 Cup		418439
PEPPERS BELL GRN ORGNC	1/4 Cup		254851
CARROT BABY WHL PETITE	1/4 Cup		768146
CROUTON CHS GARL WGRAIN	1 Package		661022
CRACKER GLDFSH WGRAIN COLOR	1 Package		112702

## Preparation Instructions

1. Place 1 cup of romaine lettuce in salad container.
2. Place 7 pieces of popcorn chicken and 1/4 cup (1/2 ounce weight) of cheese on top of lettuce.
3. Arrange portioned carrots, peas, muffin, croutons

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.100
<b>Grain</b>	2.300
<b>Fruit</b>	0.000
<b>DarkGreen</b>	2.000
<b>Red/Orange</b>	0.192
<b>OtherVeg</b>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	446.43**
<b>Fat</b>	20.45g**
<b>Saturated Fat</b>	5.90g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	71.00mg**
<b>Sodium</b>	826.41mg**
<b>Carbohydrates</b>	42.78g**
<b>Fiber</b>	4.32g**
<b>Total Sugar</b>	3.04g**
<b>Added Sugar</b>	1.00g**
<b>Protein</b>	22.35g**
<b>Vitamin A</b> 187.30mcg RAE**	<b>Vitamin C</b> 0.73mg**
<b>Calcium</b> 139.73mg**	<b>Iron</b> 3.25mg**

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

## Nutrition - Per 100g

<b>Calories</b>	910.34**
<b>Fat</b>	41.70g**
<b>Saturated Fat</b>	12.03g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	144.78mg**
<b>Sodium</b>	1685.17mg**
<b>Carbohydrates</b>	87.22g**
<b>Fiber</b>	8.81g**
<b>Total Sugar</b>	6.19g**
<b>Added Sugar</b>	2.04g**
<b>Protein</b>	45.58g**
<b>Vitamin A</b> 381.93mcg RAE**	<b>Vitamin C</b> 1.49mg**
<b>Calcium</b> 284.93mg**	<b>Iron</b> 6.64mg**

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