

# Taco Salad Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57946

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TORTILLA WHLWHE 12IN	1 Each		118910
TOMATO ROMA DCD 3/8"	1 Ounce		786543
Cheddar Cheese shredded	2 Ounce		150250
APPLE FRSH SLCD	1 Package		473171
Totcho / Chicken meet	4 Ounce	Combine chicken and seasoning: Place cooked diced chicken into a large stockpot or tilt skillet. In a separate container, mix taco seasoning with water until blended (follow seasoning directions for exact ratio). Pour seasoning mixture over chicken. Stir to coat chicken evenly. Heat on medium until the mixture reaches 165°F. Stir often to prevent sticking.	R-54974
Corn, Black Bean & Vegetarian Bean Salsa w/chip	1/2 Cup	1) drain excess fluid from black beans and corn 2) combine black beans, corn, salsa, taco seasoning, garlic powder all together 3) stir together and divide into 1/2 cup portions and serve with Tortilla chips, whole grain. Serve chilled.	R-22244

## Preparation Instructions

Lay the whole-grain tortilla flat.

Add romaine lettuce and diced tomatoes in the center.

Top with seasoned diced chicken.

Sprinkle shredded cheese.

Fold sides in and roll into a tight wrap.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	3.500
<b>Fruit</b>	0.500
<b>DarkGreen</b>	0.500
<b>Red/Orange</b>	0.750
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.325
<b>Starchy</b>	0.150

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
<b>Calories</b>	564.90
<b>Fat</b>	16.63g**
<b>Saturated Fat</b>	3.16g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	80.54mg
<b>Sodium</b>	880.56mg
<b>Carbohydrates</b>	154.16g
<b>Fiber</b>	6.17g
<b>Total Sugar</b>	11.27g
<b>Added Sugar</b>	0.69g
<b>Protein</b>	38.82g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 20.00mg**
<b>Calcium</b> 141.64mg	<b>Iron</b> 2.04mg

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

## Nutrition - Per 100g

<b>Calories</b>	95.13
<b>Fat</b>	2.80g**
<b>Saturated Fat</b>	0.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	13.56mg
<b>Sodium</b>	148.28mg
<b>Carbohydrates</b>	25.96g
<b>Fiber</b>	1.04g
<b>Total Sugar</b>	1.90g
<b>Added Sugar</b>	0.12g
<b>Protein</b>	6.54g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 3.37mg**
<b>Calcium</b> 23.85mg	<b>Iron</b> 0.34mg

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