

Popcorn Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42660
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
CHIX PCORN LRG WGRAIN CKD	10 Each		536620
Cheese, Cheddar, Yellow, Reduced Fat, Shredded	2 Tablespoon		100012
CROUTON CHS GARL WGRAIN	2 Package		661022

Preparation Instructions

Start with laying out 9x9 containers, add and layer: lettuce, popcorn chicken, and cheese. Then add 2 packages of croutons. Keep in cooler and serve.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	445.00
Fat	20.00g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	885.00mg
Carbohydrates	39.50g
Fiber	4.00g
Total Sugar	3.00g
Added Sugar	2.00g
Protein	27.50g
Vitamin A 200.00mcg RAE	Vitamin C 0.00mg
Calcium 54.00mg	Iron 3.80mg

Nutrition - Per 100g

Calories	229.30
Fat	10.31g
Saturated Fat	2.58g
Trans Fat	0.00g
Cholesterol	41.22mg
Sodium	456.02mg
Carbohydrates	20.35g
Fiber	2.06g
Total Sugar	1.55g
Added Sugar	1.03g
Protein	14.17g
Vitamin A 103.06mcg RAE	Vitamin C 0.00mg
Calcium 27.83mg	Iron 1.96mg