

# Salad -Asian Chicken

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44335

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND IN JCE	1/4 Cup	BAKE	612448
NOODLE CHOW MEIN 1.5#/CAN	1/2 Cup		124516
CHIX TNDR BRD WGRAIN 2.07Z	2 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 11 to 13 minutes uncovered. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F with no steam, medium-low fans. Place frozen strips in a single layer on a parchment lined baking sheet. Heat for 7 to 10 minutes uncovered.	533830
SLAW HEART-Y	1 Cup		680752

## Preparation Instructions

Gather all of your ingredients.

Plastic containers for the salads.

Slice grilled chicken breast into strips before placing on top of the salad.

CCP: Hold at 40 degrees F or less.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.250
<b>Fruit</b>	0.250
<b>DarkGreen</b>	0.500
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
<b>Calories</b>	388.33
<b>Fat</b>	18.00g
<b>Saturated Fat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.00mg
<b>Sodium</b>	675.00mg
<b>Carbohydrates</b>	38.67g
<b>Fiber</b>	4.67g
<b>Total Sugar</b>	8.17g
<b>Added Sugar</b>	6.50g
<b>Protein</b>	24.17g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 22.33mg	<b>Iron</b> 4.12mg

## Nutrition - Per 100g

<b>Calories</b>	456.59
<b>Fat</b>	21.16g
<b>Saturated Fat</b>	4.70g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	47.03mg
<b>Sodium</b>	793.65mg
<b>Carbohydrates</b>	45.46g
<b>Fiber</b>	5.49g
<b>Total Sugar</b>	9.60g
<b>Added Sugar</b>	7.64g
<b>Protein</b>	28.41g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.26mg	<b>Iron</b> 4.84mg