



825089 - Hawaiian Chicken Wrap

Source: K12 Culinary

Number of Portions: 25

Size of Portion: each

Components:

Meat/Alt: 2 oz

Grains: 1.75 oz

Fruit:

Vegetable: 0.125 cup

Milk:

Recipe Subgroups:

Vegetable, Other

Whole Grain Rich

Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
051520 Chicken, Diced, Cooked, Frozen..... 826194 Tortilla, Wheat, 8in, Mission 33824.....	3 lbs + 4 ozs 25 each, 1.8oz(CN=1.75G)	Thaw diced chicken in refrigerator overnight. CCP: Hold at 41° F. or lower. Store tortillas at room temperature at least 24 hours in advance of use.
019335 SUGARS,GRANULATED..... 825093 Mayonnaise, RedCal, gal, Dukes 06073... 002048 VINEGAR,CIDER..... 002009 CHILI POWDER..... 799903 GARLIC,GRANULATED..... 002026 ONION POWDER.....	1 cup 1 cup 3/4 cup 2 Tbsp 2 Tbsp 2 Tbsp	Prepare the dressing by combining sugar, mayonnaise, cider vinegar, chili powder, garlic powder, and onion powder in a large bowl. Whisk until combined. If thawed diced chicken pieces are large, chop into smaller (1/2 inch) pieces. CCP: Hold at 41° F or lower.
011090 BROCCOLI,RAW..... 011124 CARROTS,RAW..... 011457 SPINACH,RAW.....	8 OZS (florets) 8 OZS (shredded) 8 ozs	Weigh broccoli florets, shredded carrots, and spinach. Purchased, pre-cut, prewashed produce does not require additional rinsing. If produce is not prewashed, rinse and drain thoroughly in a colander. Cut broccoli and spinach into small dice.
825963 Pineapple Tidbits, Juice Packed Dole.....	1/2 cup	Drain pineapple tidbits and measure required amount. Reserve juice for another recipe. Note: If pineapple chunks are used, chop into tidbit-sized pieces. Add chopped broccoli, chopped spinach, shredded carrots, drained pineapple, and diced chicken to the dressing. Using a spatula or freshly gloved hands, toss to coat. CCP: No bare hand contact with ready to eat food. CCP: Hold at 41° F or lower.
		CCP: No bare hand contact with ready to eat food.

Portion 2/3 cup of filling (using no. 6 disher) onto center of each tortilla. If a no. 6 disher is not available, use a no. 8 disher packed tightly to ensure the proper amount of filling is served. (Note: no. 6 disher of filling weighs approximately 4 oz.)

Tightly roll each tortilla like a burrito and cut in half diagonally. Present the cut side facing outward towards customer.

Serve two halves (1 whole wrap).

(Note: the 8 inch tortilla used in this recipe does not provide 2 oz eq grain. If 2 oz eq grain is required for the meal pattern, consider offering 1/4 oz eq tortilla chips as an accompaniment to the wrap OR use two 6 inch tortillas to make 2 smaller wraps per portion. A revised recipe will be needed to reflect this menu change.)

Prepare wraps for just in time service to avoid excessive leftovers. Wraps will become soggy if prepared too far in advance or served as leftover menu items.

CCP: Hold and Serve at 41° F or lower.

*Nutrients are based upon 1 Portion Size (each)

Calories	308 kcal	Cholesterol	51 mg	Sugars	*10.8* g	Calcium	102.35 mg	27.77%	Calories from Total Fat
Total Fat	9.50 g	Sodium	343 mg	Protein	17.49 g	Iron	1.98 mg	5.43%	Calories from Saturated Fat
Saturated Fat	1.86 g	Carbohydrates	36.44 g	Vitamin A	2616.4 IU	Water ¹	*34.60* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.11 g	Vitamin C	13.3 mg	Ash ¹	*0.47* g	47.34%	Calories from Carbohydrates
								22.73%	Calories from Protein
<p>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient</p> <p>* - denotes combined nutrient totals with either missing or incomplete nutrient data</p> <p>¹ - denotes optional nutrient values</p> <p>² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p>									