



825045 - Buffalo Chicken Salad

Source: K12 Culinary

Number of Portions: 20

Size of Portion: each

Alternate Recipe Name: Spicy Chicken Salad

Components:

Meat/Alt: 2.5 oz

Grains: 2 oz

Fruit:

Vegetable: 2 cup

Milk:

Recipe Subgroups:

Vegetable, Dark Green

Vegetable, Red/Orange

Vegetable, Other

Whole Grain Rich

Attributes:

HACCP Process: #1 No Cook

| Ingredients | Measures | Instructions |
|---|---|---|
| 825444 Chicken, Breast Fil,Spicy,WG, Pilg Pride..... | 20 each, 4 oz (2M/1G) | Thaw pre-cooked chicken patties completely in the refrigerator. Cut each patty into 4 strips. CCP: Hold at 41° F or lower. |
| 825012R Ranch Dressing: School Made..... | 1 qt + 1 cup | Prepare the school-made Ranch Dressing by recipe #825012: Fill gallon container with dressing. Insert condiment pump and fill 2 oz cups with dressing. Cover each cup with lid. Dressing may be prepared in advance. CCP: Hold at 41° F or lower. |
| 011251 LETTUCE,COS OR ROMAINE,RAW..... | 4 lbs + 15 ozs | Weigh lettuce. Purchased, pre-cut, prewashed romaine does not require rinsing. For head lettuce, remove the stem end of the romaine head using a chef's knife. Make lengthwise cuts, then turn head ¼ turn and cut across to make 1 to 2 inch dices. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner). Weigh the correct amount of prepared lettuce. (Note: 7 lb 11 oz equals approximately 4 lb 15 oz chopped romaine.) |
| 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 011205 CUCUMBER,WITH PEEL,RAW..... | 2 lbs + 11 OZS (AP) 1 lb + 13 OZS (AP) | Weigh then rinse tomatoes and cucumbers under running water and drain in a colander or perforated pan. Using a tomato scoop, remove the stem core from tomatoes. Cut tomatoes into dices. CCP: Hold cut tomatoes at 41° F until ready to use. Cut cucumbers in half lengthwise, then into quarters, then into ½" dices. For quality, hold at 41° F. or below until ready to use. |

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|--|-------------------------|--|
| 051556 Cheese, Cheddar, Yellow, Red Fat, Shredd..... | 10 ozs | Assemble the salad as follows: <ul style="list-style-type: none"> • Fill the large compartment of the 8 inch clear, 3-compartment salad container with 3 cups of chopped romaine. • Place 4 strips of sliced chicken (1 whole chicken patty) in center of romaine salad • Add ¼ cup diced tomatoes to top right corner of romaine • Add ¼ cup diced cucumber to top left corner of romaine • Place .5 oz (1 oz spoodle) of cheese in bottom left corner of romaine • Place breadstick in one of the small compartments • Place school made ranch cup inside salad container in the remaining small compartment. • Cover and hold for service. CCP: Hold and Serve at 41° F or lower. |
| 825508 Breadstick, WG, 1.2oz, Richs 12194..... | 20 each, 1.2 oz (CN=1G) | |

*Nutrients are based upon 1 Portion Size (each)

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|------------------------|--------|------|---------------|-------|----|-----------|-----------|----|--------------------|----------|----|---------|-----------------------------|
| Calories | 606 | kcal | Cholesterol | 78 | mg | Sugars | *8.6* | g | Calcium | *134.75* | mg | 57.36% | Calories from Total Fat |
| Total Fat | 38.63 | g | Sodium | 931 | mg | Protein | 30.41 | g | Iron | *3.12* | mg | 9.84% | Calories from Saturated Fat |
| Saturated Fat | 6.63 | g | Carbohydrates | 40.18 | g | Vitamin A | *10422.6* | IU | Water ¹ | *217.51* | g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* | g | Dietary Fiber | 7.79 | g | Vitamin C | *13.1* | mg | Ash ¹ | *1.42* | g | 26.51% | Calories from Carbohydrates |
| | | | | | | | | | | | | 20.06% | Calories from Protein |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.