



000633 - CHICKEN BLUEBERRY SALAD

Source: Kelsie & Hannah

Number of Portions: 1

Size of Portion: EACH

Components:

Meat/Alt: 2 oz

Grains:

Fruit: 0.75 cup

Vegetable: 1 cup

Milk:

Recipe Subgroups:

Vegetable, Dark Green

Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
799941 SPINACH,RAW.....	2 cups	To Prepare: 1. Put spinach (wash if not pre-rinsed) in bowl. 2. Toss thawed chicken with balsamic vinegar. 3. Layer strawberries, blueberries, mandarin oranges, and chicken on salad. 4. Sprinkle with feta cheese and sunflower seeds.
901843 CHICK,DICED,CKD,FROZEN-COMMOD.....	2 ozs	
902820 VINEGAR, BALSAMIC.....	1/2 Tbsp	
009316 STRAWBERRIES,RAW.....	1/4 CUP (halves)	
009050 BLUEBERRIES,RAW.....	1/4 cup	
902717 MANDARIN ORANGES, CANNED, LIGHT SYRUP...	1/4 cup	
001019 CHEESE,FETA.....	2 TBSP (crumbled)	To Serve: 1. Serve with blueberry vinaigrette in 2 oz souffle cup. CCP: Hold for cold service at 41° F or lower. CCP: No bare-hand contact of any exposed cooked or ready-to-eat food. CCP: Refrigerate until served.
012037 SUNFLOWER SD KRNLS, DRY RSTD, WO/SALT.....	1 Tbsp	
000630R DRESSING, BLUEBERRY.....	2 Tbsp	

*Nutrients are based upon 1 Portion Size (EACH)

Calories	452 kcal	Cholesterol	67 mg	Sugars	*7.6* g	Calcium	191.42 mg	52.36%	Calories from Total Fat
Total Fat	26.28 g	Sodium	296 mg	Protein	23.61 g	Iron	3.91 mg	12.60%	Calories from Saturated Fat
Saturated Fat	6.32 g	Carbohydrates	32.33 g	Vitamin A	5895.5 IU	Water ¹	*166.87* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.94 g	Vitamin C	61.4 mg	Ash ¹	*3.31* g	28.63%	Calories from Carbohydrates
								20.91%	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.

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							