



## 000632 - CHICKEN STRAWBERRY 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	<b>To Prepare:</b> 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)	<b>To Serve:</b> 1. Serve with strawberry vinaigrette in 2 oz souffle cup. <b>CCP:</b> Hold for cold service at 41° F or lower.  <b>CCP: No bare-hand contact of any exposed cooked or ready-to-eat food.</b> <b>CCP:</b> Refrigerate until served.
012037 SUNFLOWER SD KRNLs,DRY RSTD,WO/SALT.....	1 Tbsp	
000629R DRESSING, STRAWBERRY.....	2 Tbsp	

\*Nutrients are based upon 1 Portion Size (EACH)

Calories	346 kcal	Cholesterol	67 mg	Sugars	*8.7* g	Calcium	193.89 mg	37.84%	Calories from Total Fat
Total Fat	14.55 g	Sodium	292 mg	Protein	23.72 g	Iron	3.77 mg	12.21%	Calories from Saturated Fat
Saturated Fat	4.69 g	Carbohydrates	32.15 g	Vitamin A	5877.6 IU	Water <sup>1</sup>	193.58 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	5.18 g	Vitamin C	78.1 mg	Ash <sup>1</sup>	3.41 g	37.16%	Calories from Carbohydrates
								27.42%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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