

Chicken Salad on a Whole Grain Bun (LR100092)

HACCP Process: Process 2: Same day service
 Allergens: Contains Wheat;
 Meal Contribution: 1 1/2 WGR, 2 Meat/MA
 Number of Servings: 1.00 Serving Size: 1 sandwich
 Moisture gain/loss%: 0.0000 Yield: 5 1/4 Ounce
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000
 Total Recipe Cost: \$0.0000 Cost Per Serving: \$0.0000

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				Chicken, Chicken Salad; USDA Recipe, Comodity, Copied from 50329, MMA SI100649	1/2 Cup
				Bread, Whole Grain White Sandwich Buns, Nickles Bakery, 1793, WGR SI101938	1 Each
				Lettuce, green leaf, raw 11253	1 leaf inner

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	35.31	7.15	38.07	30.43	4.406

Nutrients per 100 g

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
186.549	7.319	1.482	0(M)	35.183	295.903	17.752	2.342	2.055(M)	14.191	1.347	38.382	281.759	1.246	3.085(M)	0.02(M)

Nutrients per serving (147.8 g)

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
275.72	10.817	2.19	0(M)	52	437.344	26.238	3.462	3.037(M)	20.975	1.991	56.728	416.44	1.842	4.559(M)	0.03(M)

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.