

Popcorn Chicken Wrap (LR100090)

HACCP Process: Process 2: Same day service
 Allergens: Contains Egg, Milk, Soy, Wheat;
 Meal Contribution: 2 1/4 WGR, 2 Meat/MA, 1/8 Veg-O
 Number of Servings: 2.00 Serving Size: 1/2 wrap
 Moisture gain/loss%: 0.0000 Yield: 11 2/3 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
				Tortilla, Flour Gordita 12" WW, Don Pancho Mexican Foods, 79341.22309, WGR SI102841	1 tortilla (approx 12" dia)
				Chicken, Golden Crispy Whole Grain Popcorn Chicken, Tyson Foods Inc, 70368-928, MMA, WG SI103941	12 piece
				CHEESE, MOZZARELLA SHRED FEATHER LOW-MOISTURE-PART-SKIM LI100015	2 ounces
				Vegetable, Lettuce, Iceberg, Shredded, Morkon, Veg-O SI101441	1/2 cup (washed)
				Dressing, Buttermilk Ranch, Light Reduced Calorie, Cains SI101250	2 tablespoon

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	43.79	14.09	35.86	19.08	2.375

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)
236.68	11.516	3.704	0	20.075	453.051	21.22	2.574	1.405	11.29	2.763	170.622 (M)	112.879	0	(M)	(M)

Nutrients per serving (165.1 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)
390.759	19.013	6.116	0	33.144	747.987	35.035	4.25	2.32	18.639	4.562	281.697 (M)	186.364	0	(M)	(M)

(M) Indicates missing values.

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