

Spicy Chicken Breast On a French Roll (LR100036)

HACCP Process: Process 2: Same day service
 Allergens: Contains Egg, Milk, Wheat;
 Meal Contribution: 2 WGR, 2 Meat/MA
 Number of Servings: 1 Serving Size: 1 sandwich
 Moisture gain/loss%: 0.0000 Yield: 5 1/3 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
				Chicken BREAST 3.95 oz breaded whole grain hot & spicy cooked frozen, clux delux LI100006	1 patty, 4 oz
				Rolls, french 18349	1 Roll

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	28.55	5.01	45.43	26.57	1.334

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)
223.509	7.089	1.243	0(M)	33.332	498.75	25.385	2.144	0.745	14.845	1.407	36.389	199.992	0	8.817	0.481

Nutrients per serving (149.982 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)
335.224	10.633	1.865	0(M)	49.992	748.037	38.073	3.216	1.118	22.265	2.11	54.577	299.953	0	13.224	0.722

(M) Indicates missing values.

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