



Chicken Chef Salad

Number of Servings: 1
Calories Per Serving: 274
PCF Ratio: 75-14-12

Single Serving Comment: 1 serving

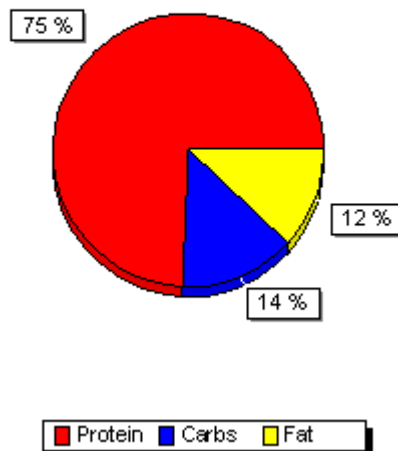
Cooking Instructions

Ingredients:

- 2 cupsshredded Iceberg Lettuce
 - 4 Red Cherry Tomatoes
 - 1/8 cup raw Carrot (Grated)
 - 1/8 cup raw shredded Cucumber
 - 170g Chicken Breast
- (serves 1)

Mix together and add fat free salad dressing of your choice.
 Great idea for leftover chicken breast. Serves one.

75-14-12 Ratio



Nutrition Information

Serving Size: 1 serving (439g)
 Servings: 1

Amount Per Serving

Calories 270 **Calories from Fat** 30

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0g **0%**

Cholesterol 145mg **48%**

Sodium 160mg **7%**

Total Carbohydrate 9g **3%**

Dietary Fiber 3g **12%**

Sugars 5 g

Protein 50 g

Vitamin A 70% ■ Vitamin C 20%

Calcium 4% ■ Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
ICEBERG LETTUCE, RAW, SHREDDED	include crisphead types	2 cups	144	20.2	1.3	4.3	2.5	1.3	1.4		.1
TOMATO, RED, RIPE, RAW	Nov thru May avg	4 cherrys	68	14.3	.6	3.2	1.9				
CARROT, RAW	grated	1/8 cup	14	5.6	.1	1.3	.6	.1	.1		.5
CUCUMBER W/PEEL, RAW	sliced	1/8 cup	13	2	.1	.5	.2	.1	.1		
CHICKEN BREAST, BAKED	broiler/fryer	6 oz	200	232	48						
Recipe Total:			439	274	50.1	9.2	5.3	1.5	1.6		.6
Single Serving Total:			439	274	50.1	9.2	5.3	1.5	1.6		.6

Chicken Chef Salad (continued)

Recipe Total:	53.1	417.1	156.3			.1			1	.3		.5	.4
Single Serving Total:	53.1	417.1	156.3			.1			1	.3		.5	.4