



Lemon Chicken Salad

Number of Servings: 2
Calories Per Serving: 487
PCF Ratio: 27-9-64

Single Serving Comment: 1 serving

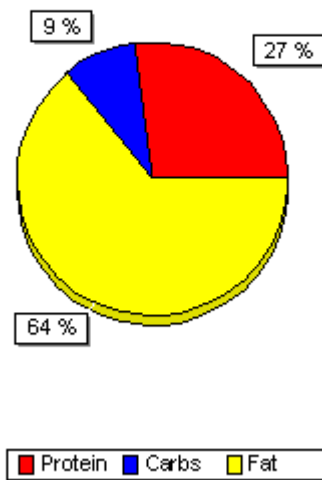
Cooking Instructions

Ingredients:

- 3 Boneless Chicken Breasts
 - 3 tbsp Olive Oil
 - 100ml raw Lemon Juice
 - 3 cups Lettuce
 - 3 tbsp grated Parmesan Cheese
 - 3 tsp ground Black Pepper
 - 3 tbsp ground dried Tarragon
- (serves 2)

Trim all excess fat from chicken. Marinate chicken breast in olive oil and lemon. Add some black pepper and tarragon. Grill chicken until done. Slice chicken and place on a bed of lettuce. Add cheese

27-9-64 Ratio



Nutrition Information

Serving Size: 1 serving (297g)
 Servings: 1

Amount Per Serving

Calories 490 **Calories from Fat** 310

% Daily Value*

Total Fat 35g **54%**

Saturated Fat 8g **39%**

Cholesterol 90mg **30%**

Sodium 210mg **9%**

Total Carbohydrate 12g **4%**

Dietary Fiber 2g **10%**

Sugars 2 g

Protein 33 g

Vitamin A 60% Vitamin C 45%

Calcium 25% Iron 30%

*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)
CHICKEN BREAST, BONELESS, RAW, MEAT/SKIN	broiler/fryer, meat/skin (1 breast from 1lb RTC)	3 breast	261	448.9	54.4						
OLIVE OIL	salad or cooking	3 tbsp	41	358							
LEMON JUICE, RAW		3 fl oz	92	22.9	.3	7.9	2.2				
BUTTERHEAD LETTUCE, RAW (BOSTON, BIBB)	include Boston & Bibb types, shredded or chopped	3 cup	165	21.5	2.2	3.7	1.6	.7	.8		

Lemon Chicken Salad (continued)

PARMESAN CHEESE, GRATED	3 tbsps	15	64.7	5.8	.6	.1	.0	.0	.0	.0
PEPPER, BLACK, GROUND	3 tsp	6	16.1	.7	4.1	.0				
TARRAGON, DRIED, GROUND	3 tbsps	14	42.5	3.3	7.2					
Recipe Total:		594	974.5	66.7	23.5	3.9	.7	.9	.0	.0
Single Serving Total:		891	487.2	33.4	11.7	2	.4	.4	.0	.0

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU (IU)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)
CHICKEN BREAST, BONELESS, RAW, MEAT/SKIN				24.1	6.9	.3	4.7	167		65.3	216.6	.2	.2	25.9
OLIVE OIL				40.5	5.6	.3	4							
LEMON JUICE, RAW			.4							.9	17.4	.0		.1
BUTTERHEAD LETTUCE, RAW (BOSTON, BIBB)			1.8	.4	.0	.1	.1			273.9	5464.8	.1	.1	.6
PARMESAN CHEESE, GRATED	.0	.0		4.3	2.6	.0	.1	13.2		18	66.3		.1	.0
PEPPER, BLACK, GROUND			1.7	.2	.1		.1			.9	18.8		.0	.1
TARRAGON, DRIED, GROUND			1.1	1	.3	.4	.1			30.2	604.8	.0	.2	1.3
Recipe Total:	.0	.0	4.9	70.5	15.5	1.2	9	180.2		389.3	6388.8	.3	.6	27.9
Single Serving Total:	.0	.0	2.5	35.3	7.8	.6	4.5	90.1		194.6	3194.4	.2	.3	14

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
CHICKEN BREAST, BONELESS, RAW, MEAT/SKIN	2.1	1.4	10.4	10.4		10.4	.9				.8		28.7	65.3
OLIVE OIL											5.8		.4	
LEMON JUICE, RAW	.1	.0	11.9	11.9		11.9			42.1		.1		6.4	5.5
BUTTERHEAD LETTUCE, RAW (BOSTON, BIBB)	.2	.1	120.5	120.5		120.5			6.1		.3		57.8	21.5
PARMESAN CHEESE, GRATED	.0		1.5	1.5		1.5	.3				.0		166.4	5.7
PEPPER, BLACK,		.0	.6	.6		.6			1.3		.0		27.5	12.2

Lemon Chicken Salad (continued)

GROUND

TARRAGON, DRIED, GROUND		.3	39.5	39.5		39.5			7.2				164	50	
Recipe Total:	2.5	1.9	184.4	184.4		184.4			1.2				7.1	451.2	160.1
Single Serving Total:	1.2	1	92.2	92.2		92.2			.6				3.6	225.6	80

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
CHICKEN BREAST, BONELESS, RAW, MEAT/SKIN	454.1	574.2	164.4			.1			1.9	.0		43.3	2.1
OLIVE OIL		.4	.8						.2				
LEMON JUICE, RAW	5.5	113.5	.9			.0			.0			.1	.0
BUTTERHEAD LETTUCE, RAW (BOSTON, BIBB)	54.5	392.7	8.3			.0			2	.3		1	.3
PARMESAN CHEESE, GRATED	109.4	18.8	229.3			.0			.1	.0		2.7	.6
PEPPER, BLACK, GROUND	10.9	79.3	2.8			.1			1.8	.4		.2	.1
TARRAGON, DRIED, GROUND	45.1	434.9	8.9			.1			4.7	1.1		.6	.6
Recipe Total:	679.4	1613.7	415.5			.4			10.8	1.9		47.9	3.7
Single Serving Total:	339.7	806.9	207.7			.2			5.4	.9		23.9	1.8