

Buffalo Chicken Salad Shaker

Pierce® Natural Proportion 1/2" diced chicken (1230) served with Ranch and Buffalo sauce in a salad shaker will be your most popular grab n' go item!



YIELD

1 serving (multiply as needed)

MENU FIT/DAYPART

Lunch

COMPONENTS

2 oz eq M/MA

3/4 cup vegetable (1/2 cup dark green + 1/8 cup other + 1/8 cup red/orange)

DIFFICULTY

Easier

ALLERGENS

Milk

INGREDIENTS AND PREPARATION

- 1 serving (2.72oz) Pierce Natural Proportion 1/2" diced chicken (1230)
- 1 ounce light Ranch dressing
- 1/8 cup diced celery
- 1/8 cup shredded carrots
- 1 ounce low-sodium BBQ sauce
- 1 cup chopped Romaine lettuce
- 1 tablespoon shredded Cheddar cheese

1. Preheat oven to 350 ° F.
2. Place frozen chicken pieces in a single layer on an ungreased baking sheet. Bake for 32-35 minutes in a conventional oven or 16-20 minutes in a convection oven or until internal temperature reaches 165 ° F.
3. Meanwhile, prepare vegetables as directed.
4. When chicken is thoroughly cooked and cooled, toss with 1 ounce Buffalo sauce.
5. To make salads, place 1 ounce of Ranch in the bottom of a 16-ounce cup. Layer salad ingredients on top of dressing in this order: celery, carrots, chicken, Romaine and shredded cheese.
6. Place domed lid on cup. Hold for cold service at 41 ° F.

Serving suggestion: Make it a meal with a whole wheat roll or crackers, a banana and milk. Serve for grab n' go or summer meals. Can also make with 1250 or 1260.

Nutrition Facts

Serving Size (214g) (1 salad)

Amount Per Serving

Calories 240 **Calories from Fat 120**

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 770mg **32%**

Total Carbohydrate 9g **3%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 22g

Vitamin A 140% • Vitamin C 10%

Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Get the products and support trusted by so many. Talk to your representative today:
Call 800.336.9876 or visit GoldKist.com