

Chicken Caesar Wraps

Pierce® 1/2" diced chicken (1230) served Caesar-style in a whole wheat wrap is a great option for grab n' go or summer meals.



YIELD

50 servings

MENU FIT/DAYPART

Lunch/Summer

COMPONENTS

2oz eq M/MA

2oz grain

1/4 cup dark green

vegetable

DIFFICULTY

Easier

ALLERGENS

Dairy, Gluten

INGREDIENTS AND PREPARATION

50 servings (2.72oz each; about 8 pounds) Pierce Diced Chicken Pieces (1230)

50 12"-whole wheat tortillas

6 1/4 cups low-fat Caesar dressing

50 cups shredded Romaine lettuce

12.5 cups shredded Parmesan cheese

1. Preheat oven to 350°F. Place frozen chicken pieces in a single layer on an ungreased baking pan. Bake for 32-35 minutes in a conventional oven or 18-20 minutes in a convection oven or until internal temperature reaches 165 ° F. Cool to 41 ° F.
2. Mix cooked and cooled chicken with dressing until well coated.
3. To make each wrap: Lay tortilla flat. Arrange 1 cup of lettuce along center of tortilla. Add one serving chicken (one #8/4 oz spoodle) on top of lettuce. Sprinkle with 1 tablespoon cheese. Fold side edges of tortilla up and roll into a tight wrap. Serve as is or in plastic wrap or foil. Keep cold until service.

Nutrition Facts

Serving Size (199g) (1 wrap)

Amount Per Serving

Calories 350 Calories from Fat 150

% Daily Value*

Total Fat 17g 28%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 90mg 30%

Sodium 1200mg 50%

Total Carbohydrate 22g 7%

Dietary Fiber 3g 12%

Sugars 4g

Protein 28g

Vitamin A 90% • Vitamin C 4%

Calcium 35% • Iron 10%

*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

Serving Suggestions: Serve with cherry tomatoes, orange wedges and milk.



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