MEALS on WHEELS SAN DIEGO COUNTY

Chicken Taco Wrap

Yield 1 wrap

Portion Size: 1/2 wrap - thus 2 servings

AMT	UNIT	INGREDIENTS	
4	oz	chicken breast, cooked	
0.05	oz	taco seasoning	
1	oz	lettuceshredded	
0.2	oz	cilantro, chopped	
2	oz	black beans, cooked	
1.2	oz	carrots, shredded	
1	oz	green onion, diced	
1	oz	cheese, shredded	
1	item	tortilla wrap	
2	T.	Creamy lime dressing	served on side - follow Creamy lime dressing

PROCEDURES

Mix all together and place in middle of wrap 2.
Slice wrap in half.
Creamy lime dressing served on the side.

Ingredients
4.000 oz. Chicken, Broiler or Fryer, Breast, Meat Only, Boneless, Skinless, Raw,

Enhanced
0.500 oz. Coriander or Cilantro, Leaves And Stem (Cilantro, Hojas Y Tallo)

1.000 oz. Cheese, Swiss, Shredded, Low Fat
1.000 item LA TORTILLA Wrap, Organic, Flour w Extra Virgin Olive Oil

0.050 oz. MOW Taco Seasoning
1.000 oz. Lettuce, Romaine, Shredded
2.000 oz. Beans, Black, Boiled
1.200 oz. Carrots, Grated
1.000 oz. Onions, Scallion or Spring Green

Macronutrients			**Percentage of Kcals**	
Kilocalories	231.983	kcal		
Protein	21.410	g	Protein	35.6%
Carbohydrate	24.618	g	Carbohydrate	40.9%
Fat, Total	6.298	g	Fat, total	23.5%
Alcohol	0.000	g	Alcohol	0.0%
Cholesterol	41.249	mg		
Saturated Fat	1.343	g		
Monounsaturated Fat	3.480	g		
Polyunsaturated Fat	1.063	g		
Trans Fatty Acid	0.003	g		
Sugar, Total		g		
Dietary Fiber, Total	5.790	g		
Sugar, Total	2.332	g		

Vitamins & Minerals					
Sodium	405.444	mg	Phosphorus	292.844	mg
Potassium	481.595	mg	Magnesium	46.741	mg
Vitamin A (RE)	465.836	RE	Zinc	1.368	mg
Vitamin C	5.237	mg	Copper	0.108	mg
Calcium	177.405	mg	Manganese	0.213	mg
Iron	1.990	mg	Selenium	17.297	µg
Vitamin D (ug)	0.042	µg	Chromium	0.007	mg
Vitamin E (mg)	0.124	mg	Molybdenum	1.724	µg
Thiamin	0.165	mg			
Riboflavin	0.178	mg			
Niacin	4.842	mg			
Pyridoxine (Vitamin B6)	0.518	mg			
Folate (Total)	83.589	µg			
Cobalamin (Vitamin B12)	0.346	µg			
Biotin	1.503	µg			
Pantothenic Acid	0.844	mg			
Vitamin K	46.725	µg			

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Ingredient	450 Servings	500 Servings	550 Servings	600 Servings
4.000 oz. Chicken, Broiler or Fryer, Breast, Meat Only, Bo	56.250 pound(s)	62.500 pound(s)	68.750 pound(s)	75.000 pound(s)
0.500 oz. Coriander or Cilantro, Leaves And Stem (Cilant	7.031 pound(s)	7.813 pound(s)	8.594 pound(s)	9.375 pound(s)
1.000 oz. Cheese, Swiss, Shredded, Low Fat	14.063 pound(s)	15.625 pound(s)	17.188 pound(s)	18.750 pound(s)
1.000 item LA TORTILLA Wrap, Organic, Flour w Extra V	225.000 item(s)	250.000 item(s)	275.000 item(s)	300.000 item(s)
0.050 oz. MOW Taco Seasoning	11.250 ounce(s)	12.500 ounce(s)	13.750 ounce(s)	15.000 ounce(s)
1.000 oz. Lettuce, Romaine, Shredded	14.063 pound(s)	15.625 pound(s)	17.188 pound(s)	18.750 pound(s)
2.000 oz. Beans, Black, Boiled	28.125 pound(s)	31.250 pound(s)	34.375 pound(s)	37.500 pound(s)
1.200 oz. Carrots, Grated	16.875 pound(s)	18.750 pound(s)	20.625 pound(s)	22.500 pound(s)
1.000 oz. Onions, Scallion or Spring Green	14.063 pound(s)	15.625 pound(s)	17.188 pound(s)	18.750 pound(s)

Ingredient	650 Servings	700 Servings	750 Servings	800 Servings
4.000 oz. Chicken, Broiler or Fryer, Breast, Meat Only, Bo	81.250 pound(s)	87.500 pound(s)	93.750 pound(s)	100.000 pound(s)
0.500 oz. Coriander or Cilantro, Leaves And Stem (Cilant	10.156 pound(s)	10.938 pound(s)	11.719 pound(s)	12.500 pound(s)
1.000 oz. Cheese, Swiss, Shredded, Low Fat	20.313 pound(s)	21.875 pound(s)	23.438 pound(s)	25.000 pound(s)
1.000 item LA TORTILLA Wrap, Organic, Flour w Extra V	325.000 item(s)	350.000 item(s)	375.000 item(s)	400.000 item(s)
0.050 oz. MOW Taco Seasoning	1.016 pound(s)	1.094 pound(s)	1.172 pound(s)	1.250 pound(s)
1.000 oz. Lettuce, Romaine, Shredded	20.313 pound(s)	21.875 pound(s)	23.438 pound(s)	25.000 pound(s)
2.000 oz. Beans, Black, Boiled	40.625 pound(s)	43.750 pound(s)	46.875 pound(s)	50.000 pound(s)
1.200 oz. Carrots, Grated	24.375 pound(s)	26.250 pound(s)	28.125 pound(s)	30.000 pound(s)
1.000 oz. Onions, Scallion or Spring Green	20.313 pound(s)	21.875 pound(s)	23.438 pound(s)	25.000 pound(s)