MEALS on WHEELS SAN DIEGO COUNTY

Chicken, Garbanzo, and Pesto Salad/Wrap

Yield 6

Portion Size: ½ Wrap

AMT	UNIT	INGREDIENTS
12	ounces	chicken, shredded
3	ounces	cucumber, thinly sliced
15	ounces	canned chickpeas, rinsed/pureed
3	ounces	pesto sauce
3	12 "	tortillas

PROCEDURES

Puree garbanzo beans.
Mix pesto with garbanzo mixture and divide into 3 portions
Spread garbanzo/pesto mixture on tortillas.
Divide cucumbers evenly among the 3 wraps and place on top of pesto/garbanzo mixture.
Divide lettuce evenly among the 3 wraps and place on top of cucumbers.
Place 4 oz of shredded chicken on top of lettuce on each wrap.

*****Special Instructions: Pesto is by weight, not volume.**
Therefore, use scale to measure the pesto.***

12.000 oz. Chicken, Breast, Meat Only, Boneless, Skinless, Fried
3.000 oz. Cucumber
15.000 oz. PROGRESSO Chick Peas (Garbanzo Beans)
3.000 oz. MOW Arrezzio Basil Pesto
Sauce
3.000 oz. Lettuce, Romaine, Shredded
3.000 item SAN PABLO Tortilla, Flour, 12 inch, Stretched Style, Ref

Macronutrients			**Percentage of Kcals**		
Kilocalories	343.235	kcal			
Protein	26.947	g	Protein	31.4%	
Carbohydrate	32.171	g	Carbohydrate	37.5%	
Fat, Total	11.817	g	Fat, total	31.0%	
Alcohol	0.000	g	Alcohol	0.0%	
Cholesterol	54.083	mg			
Saturated Fat	2.238	g			
Monounsaturated Fat	0.978	g			
Polyunsaturated Fat	0.634	g			
Trans Fatty Acid	0.000	g			
Sugar, Total		g			
Dietary Fiber, Total	3.843	g			
Sugar, Total	2.041	g			
Vitamins & Minerals					
Sodium	500.899	mg	Phosphorus	147.135	mg
Potassium	212.339	mg	Magnesium	21.404	mg
Vitamin A (RE)	128.863	RE	Zinc	0.673	mg
Vitamin C	0.964	mg	Copper	0.043	mg
Calcium	47.825	mg	Manganese	0.045	mg
Iron	3.155	mg	Selenium	14.954	µg
Vitamin D (ug)	0.057	µg	Chromium	0.017	mg
Thiamin	0.059	mg	Molybdenum	0.253	µg
Riboflavin	0.085	mg			
Niacin	8.440	mg			
Pyridoxine (Vitamin B6)	0.379	mg			
Folate (Total)	22.538	µg			
Cobalamin (Vitamin B12)	0.210	µg			
Biotin	0.425	µg			
Pantothenic Acid	0.647	mg			
Vitamin K	18.215	µg			

MEALS on WHEELS SAN DIEGO COUNTY

Chicken Garbanzo and Pesto Wrap

Ingredient	50 Servings	100 Servings	150 Servings	200 Servings
12.000 oz. Chicken, Breast, Meat Only, Boneless, Skinless, Frie	6.250 pound(s)	12.500 pound(s)	18.750 pound(s)	25.000 pound(s)
3.000 oz. Cucumber	1.563 pound(s)	3.125 pound(s)	4.688 pound(s)	6.250 pound(s)
15.000 oz. PROGRESSO Chick Peas (Garbanzo Beans)	7.813 pound(s)	15.625 pound(s)	23.438 pound(s)	31.250 pound(s)
3.000 oz. MOW Arrezzio Basil Pesto Sauce	1.563 pound(s)	3.125 pound(s)	4.688 pound(s)	6.250 pound(s)
3.000 oz. Lettuce, Romaine, Shredded	1.563 pound(s)	3.125 pound(s)	4.688 pound(s)	6.250 pound(s)
3.000 item SAN PABLO Tortilla, Flour, 12 inch, Stretched Style,	25.000 item(s)	50.000 item(s)	75.000 item(s)	100.000 item(s)

Ingredient	250 Servings	300 Servings	350 Servings	400 Servings
12.000 oz. Chicken, Breast, Meat Only, Boneless, Skinless, Frie	31.250 pound(s)	37.500 pound(s)	43.750 pound(s)	50.000 pound(s)
3.000 oz. Cucumber	7.813 pound(s)	9.375 pound(s)	10.938 pound(s)	12.500 pound(s)
15.000 oz. PROGRESSO Chick Peas (Garbanzo Beans)	39.063 pound(s)	46.875 pound(s)	54.688 pound(s)	62.500 pound(s)
3.000 oz. MOW Arrezzio Basil Pesto Sauce	7.813 pound(s)	9.375 pound(s)	10.938 pound(s)	12.500 pound(s)
3.000 oz. Lettuce, Romaine, Shredded	7.813 pound(s)	9.375 pound(s)	10.938 pound(s)	12.500 pound(s)
3.000 item SAN PABLO Tortilla, Flour, 12 inch, Stretched Style,	125.000 item(s)	150.000 item(s)	175.000 item(s)	200.000 item(s)

Ingredient	450 Servings	500 Servings	550 Servings	600 Servings
12.000 oz. Chicken, Breast, Meat Only, Boneless, Skinles	56.250 pound(s)	62.500 pound(s)	68.750 pound(s)	75.000 pound(s)
3.000 oz. Cucumber	14.063 pound(s)	15.625 pound(s)	17.188 pound(s)	18.750 pound(s)
15.000 oz. PROGRESSO Chick Peas (Garbanzo Beans)	70.313 pound(s)	78.125 pound(s)	85.938 pound(s)	93.750 pound(s)
3.000 oz. MOW Arrezzio Basil Pesto Sauce	14.063 pound(s)	15.625 pound(s)	17.188 pound(s)	18.750 pound(s)
3.000 oz. Lettuce, Romaine, Shredded	14.063 pound(s)	15.625 pound(s)	17.188 pound(s)	18.750 pound(s)
3.000 item SAN PABLO Tortilla, Flour, 12 inch, Stretched	225.000 item(s)	250.000 item(s)	275.000 item(s)	300.000 item(s)

Ingredient	650 Servings	700 Servings	750 Servings	800 Servings
12.000 oz. Chicken, Breast, Meat Only, Boneless, Skinles	81.250 pound(s)	87.500 pound(s)	93.750 pound(s)	100.000 pound(s)
3.000 oz. Cucumber	20.313 pound(s)	21.875 pound(s)	23.438 pound(s)	25.000 pound(s)
15.000 oz. PROGRESSO Chick Peas (Garbanzo Beans)	101.563 pound(s)	109.375 pound(s)	117.188 pound(s)	125.000 pound(s)
3.000 oz. MOW Arrezzio Basil Pesto Sauce	20.313 pound(s)	21.875 pound(s)	23.438 pound(s)	25.000 pound(s)
3.000 oz. Lettuce, Romaine, Shredded	20.313 pound(s)	21.875 pound(s)	23.438 pound(s)	25.000 pound(s)
3.000 item SAN PABLO Tortilla, Flour, 12 inch, Stretched	325.000 item(s)	350.000 item(s)	375.000 item(s)	400.000 item(s)