

# Kentucky Dept. of Education

## Recipe Master List

Sep 20, 2017

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### 001397 - Zesty Buffalo Chicken Wrap

### Recipe HACCP Process: #2 Same Day Service

Source: Jr. Chef 2017  
 Number of Portions: 48  
 Size of Portion: wrap w/slaw

Meat/Alt: 2 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 1 Cup  
 Milk: 0 Cup

Alternate Menu Name: with Garden Slaw

2nd Alternate Menu Name: Beaumont HS

075013 Chicken Breast..... 903990 Franks Hot Sauce..... 902921 Margarine, melted..... 002047 SALT, TABLE..... 002030 PEPPER, BLACK..... 014429 WATER, MUNICIPAL.....	48 Each (4 oz avg) 40 OZ 1 1/2 CUP 4 TSP 4 TSP, ground 2 CUP	Lightly coat a large preheated cast iron skillet with pan release spray, add and cook chicken breasts (seasoned with salt and pepper) until an internal temperature of 165 degrees has been reached then set aside on cutting board to rest.  In the same hot pan add 1/4 cup of water to deglase pan. Once water is almost evaporated, add hot sauce and scrape from skillet (added flavor) then add butter. Once butter is melted, stir until combined and pour buffalo sauce into dish for portioning. Cut cooked chicken into bite sized strips.
011821 Pepper, orange bell..... 799908 Onion, red cut into slices..... 011205 Cucumber, scored and cut into 1/4 slices..... 799943 TOMATOES, RED, RIPE, RAW, YEAR RND AVERAGE... 799938 CARROTS, RAW..... 011143 CELERY, RAW..... 011112 CABBAGE, RED, RAW..... 799974 LEMON, juice only.....	8 medium (2-3/4" x 2-1/2") 8 medium (2-1/2" dia) 16 each (8-1/4") 16 each seeded and juiced 16 medium 24 strip (4" long) 4 CUP, shredded 8 EACH PIECE, JUICE & ZEST	Slaw: Add all julienned and sliced/shredded vegetables (pepper, onion, cucumber, carrot, celery and cabbage) into a large mixing bowl. Pour olive oil, lemon juice from 8 lemons, tomato juice from 16 tomatoes into large squeeze bottle and add salt and pepper to taste. Shake bottle to combine then add dressing to slaw and mix thoroughly just before assembling wraps.
903991 Whole Grain Spinach Tortilla 10"..... 799940 LETTUCE, COS OR ROMAINE, RAW..... 902778 Ranch Dressing Fat Free..... 011205 Cucumber, scored and cut into 1/4 slices..... 799938 CARROTS, RAW.....	48 Each 24 CUP, shredded 48 OZ 8 each (8-1/4") 16 medium	Assembly: Lay out tortillas on clean surface. Add shredded lettuce and diced tomatoes, then add 2 oz chicken on each tortilla, drizzle 1.5 T buffalo sauce and 1 oz ranch dressing over chicken on each tortilla add dressed garden slaw. Roll assembled buffalo chicken wraps and cut in half on the bias. Serve immediately. Garnish plate with strips of carrot and cucumber and side of slaw dressing.  CCP: Hold at 135 degrees

\*Nutrients are based upon 1 Portion Size (wrap w/slaw)

Calories	453 kcal	Cholesterol	*65.00* mg	Sugars	*4.60* g	Calcium	*76.22* mg	27.90%	Calories from Total Fat
Total Fat	14.04 g	Sodium	1809.23 mg	Protein	32.61 g	Iron	*2.17* mg	10.16%	Calories from Sat Fat
Saturated Fat	5.11 g	Carbohydrate	49.77 g	Vitamin A	*10092.03 IU	Water <sup>1</sup>	*290.96* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	*4.06* g	Vitamin C	*48.20* mg	Ash <sup>1</sup>	*2.03* g	43.94%	Calories from Carbohydrates
								28.80%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.