

# Chicken Enchilada Wrap

Gold Kist Chicken® Whole Grain Breaded Smackers (110452) tossed in red enchilada sauce, wrapped in a whole wheat tortilla with jalapeño, salsa-ranch dressing, cheddar and lettuce.



## YIELD

100 servings

## MENU FIT/DAYPART

Lunch

## COMPONENTS

2oz eq M/MA

1 ounce grain (does not include tortilla)

## DIFFICULTY

Easier

## ALLERGENS

Wheat, Soy, Dairy

## INGREDIENTS AND PREPARATION

**28 pounds Gold Kist Whole Grain Breaded Chicken Smackers (110452)**

**6 1/4 cups prepared red enchilada sauce**

**2 cups jalapeños, seeded and diced**

**12 1/2 cups salsa-ranch dressing**

**6 1/4 cups shredded Cheddar cheese**

**3 cups shredded Romaine lettuce**

**100 whole wheat tortillas (10-inch)**

1. Preheat oven to 350°F. Arrange chicken pieces in a single layer on an ungreased sheet pan. Bake for 10-12 minutes in a conventional oven or 6-8 minutes in a convection oven or until product reaches 165° F.
2. In a large bowl, toss cooked chicken pieces with red enchilada sauce.
3. For each wrap, place sauced chicken, chopped jalapeños, 2 tablespoons dressing, 1/2 ounce cheese and shredded lettuce in the tortilla.
4. Roll and cut in half. Serve immediately.

## Nutrition Facts

Serving Size 14oz (255g) (1 wrap)	
Amount Per Serving	
<b>Calories 430</b>	Calories from Fat 180
% Daily Value*	
<b>Total Fat 20g</b>	<b>31%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 5g	
<b>Cholesterol 80mg</b>	<b>27%</b>
<b>Sodium 910mg</b>	<b>38%</b>
<b>Potassium 500mg</b>	<b>14%</b>
<b>Total Carbohydrate 35g</b>	<b>12%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 4g	
<b>Protein 26g</b>	<b>52%</b>
Vitamin A 15%	Vitamin C 45%
Calcium 20%	Iron 15%
Folate 4%	
*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
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Serving Suggestions: Serve with corn, sliced kiwi and milk.



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