

LYONS
THICK
& EASY®

IDDSI Level 5 Chicken Salad





IDDSI Level 5 Chicken Salad

IDDSI LEVELS   



INGREDIENTS

	1 Serving	6 Serving	12 Serving
THICK & EASY® IDDSI Level 5 Ready Chicken , thawed* Item: 114402	1/2 cup	1 13.1 oz bag	2 13.1 oz bags
Mayonnaise	2 Tbsp	3/4 cup	1 1/2 cups
Sweet Pickle Relish , optional make sure particulates meet IDDSI Level 5 size requirement	1 tsp	2 Tbsp	1/4 cup

DIRECTIONS

1. Measure thawed **THICK & EASY® IDDSI Level 5 Ready Chicken** into a bowl.
2. Stir in mayonnaise and sweet pickle relish (if desired); mix until thoroughly combined.
3. Complete fork drip test and spoon tilt test.
4. Cover and refrigerate at 41°F or below until ready to serve.
5. Portion about 1/2 cup per serving.

NUTRITION

Serving Size:
~ 1/2 cup
Calories: 290
Total Fat: 25g
Saturated Fat: 4.5g
Trans Fat: 0g
Cholesterol: 75mg
Sodium: 260mg
Total Carbs: 2g
Dietary Fiber: 0g
Total Sugars: 2g
Added Sugars: 0g
Protein: 14g
Calcium: 4% DV
Vitamin D: 0% DV
Iron: 2% DV
Potassium: 2% DV