



RC Product Code: 91402

# Mango Jalapeno Meatball Salad

with Kickin' Chicken Meatball with Real Mango and Real Jalapeno, Fully Cooked

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**Serving Size:** 1 salad  
**Yield:** 100 servings  
**Contribution:** 2 oz meat/meat alternate, 1 oz grain, 1 cup dark green, 1/4 cup fruit

## Nutritional Information for Salad Including Dressing

<b>Portion</b>	1 salad	<b>Cholesterol (mg)</b>	56
<b>Calories</b>	318	<b>Sodium (mg)</b>	616
<b>Total Fat (g)</b>	11.2	<b>Total Carbohydrates (g)</b>	33
<b>Saturated Fat (g)</b>	2.8	<b>Sugar (g)</b>	13
<b>Trans Fat (g)</b>	0	<b>Protein (g)</b>	15

Ingredients	Amount	Instructions
Rich Chicks Mango Jalapeno Meatballs	20 lbs	Place meatballs in single layer in hotel pan, cover with foil, heat in 350° F convection oven for 14-16 minutes or until meatballs reach an internal temperature of 165° F.
Romaine Lettuce	26 lbs	Clean and coarse chop the romaine. Place 2 cups in individual salad container.
Mangos (Fresh)	14 lbs	Clean and dice the mangos, set aside.
Tortilla Strips	72 - 8" tortillas	Julienne slice the tortillas, place on parchment lined sheet tray in single layer. Bake at 350° F in convection oven until crisp. This can be done a day ahead.
Jalapeno Vinaigrette Dressing	1 gal	Add 1/4 cup mangos, and 1/2 cup tortilla strips to Romaine. Place 1oz Jalapeno Vinaigrette dressing in souffle cup and serve on the side. Right before serving add 5 each of the hot Mango Jalapeno meatballs.

It is recommended that any recipe be put through your own nutrition assessment before making the determination as to whether or not it fits into your school's menu plan.

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