


**THICK
& EASY**

**IDDSI Level 5
Chicken Salad**





IDDSI Level 5 Chicken Salad



IDDSI LEVELS **5** **6** **7**

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

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.