



Chicken Salad



⌚ 60 MIN

IDDSI LEVELS



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 ½ cup per serving

NUTRITION

Serving Size:
~1/2 cup

Calories: 290
Total Fat: 4.5g
Trans Fat: 0g
Cholesterol: 75mg
Sodium: 260mg
Total Carb: 2g
Dietary Fiber: 0g
Total Sugars: 2g
Added Sugars: 0g
Protein: 14g
Vitamin D: 0% DV
Calcium: 4% DV
Iron: 2% DV
Potassium: 2% DV

INGREDIENTS

	1 Serving	6 Servings	12 Servings
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 ½ cups
Sweet Pickle Relish, optional Make sure particulates meet IDDSI LV. 5 size requirement	1 tsp	2 Tbsp	1/4 cup