

TEX-MEX QUINOA WITH MANGO CHICKEN



This dish features a protein-rich Tex-Mex quinoa base tossed with tender, flame-grilled chicken breast and succulent diced mango. The combination of smoky Southwest seasonings and the natural sweetness of mango creates a sophisticated, multi-dimensional flavor profile. Utilizing a pre-prepared quinoa salad allows facilities to serve a complex, high-fiber entree with zero on-site cooking or grain preparation required.



Ingredients:







- 5 oz. Brickman's Tex-Mex Quinoa (GFS #399679)
- 3 oz. Sandridge Grilled Sliced Chicken (GFS #466812)
- Diced Mango

Tastefully Balanced Nutritional Info
750mg Sodium or less | 15g protein or more

Nutritional Highlights (per 9 oz. serving)

This profile is exceptionally lean and nutrient-forward, making it a premier choice for heart-healthy and weight-conscious meal plans:

- **High Protein, Zero Saturated Fat:** Delivers **21g of protein (43% DV)** with 0g of saturated fat, providing an ideal lean-muscle support profile.
- **Fiber-Rich for Digestive Health:** Contains **5g of dietary fiber (19% DV)**, largely from the ancient grain quinoa base.
- **Antioxidant and Mineral Support:** Provides **25% of the daily value for vitamin C** and **10% for iron**, supporting immune function and energy levels.
- **Potassium Dense:** A strong source of **potassium (550mg or 16% DV)**, which is essential for healthy blood pressure management.
- **Low Calorie:** At only **250 calories**, it offers high nutritional density in a light, satisfying portion.

Product	Description	Code #	Pack Size
 Brickman's® Tex-Mex Style Quinoa & Bean Salad Kit	This vibrant kit packs fully cooked quinoa, tender pinto beans, and crunchy red bell peppers in a zesty Tex-Mex dressing. Simply heat and eat for a flavorful, plant-powered punch in minutes. <div style="display: flex; justify-content: space-around; margin-top: 10px;">     </div>	399679	2/2 lb. Pouches of Quinoa 2/3.05 lb. Pouches of Dressing
 Gordon Choice® Fully Cooked Sliced Grilled Chicken Breast	Elevate your culinary creations with the ultimate convenience protein – pre-sliced grilled chicken breast! These juicy white meat strips arrive ready-to-use in salads, stir-fries, sandwiches, and more.	466812	4/5 lb.

LEGEND:  Dairy Free  Gluten Free  Kosher  Vegan  Vegetarian

