

# Chicken Tinga Sandwich

**Recipe Type:** Main Dish

**Serves:** 6

**Prep Time:** 10 minutes

**Cooking Time:** 10 minutes

**C** means cup      **T** means tablespoon      **t** means teaspoon      **oz** means ounce

## What you need:

- 6 C Chicken Tinga  
(see [www.snaped4me.org](http://www.snaped4me.org) for the recipe)
- 12 slices of white bread
- 6 oz guacamole

## What to do:

1. Wash your hands.
2. Put 1 C of the Chicken Tinga on a slice of bread.
3. Top with guacamole and another slice of bread.
4. Enjoy!

Tip: you can also toast the bread and warm up the Tinga for a warm treat.



This is a picture of 1 serving.

## Nutrition Facts

<b>Serving Size 1 sandwich</b>	
<b>Amount Per Serving</b>	
<b>Calories</b> 260	<b>Calories from Fat</b> 70
<b>%Daily Value*</b>	
<b>Total Fat</b> 8 g	<b>12%</b>
Saturated Fat 1 g	<b>5%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 25 mg	<b>8%</b>
<b>Sodium</b> 480 mg	<b>20%</b>
<b>Total Carbohydrate</b> 33 g	<b>11%</b>
Dietary Fiber 2 g	<b>8%</b>
Sugars 5 g	
<b>Protein</b> 13 g	
Vitamin C 15%	
Calcium 15%	
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	

FK= 1.6; 5/22/2015

Find other recipes at [www.snaped4me.org](http://www.snaped4me.org)



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