

Quest Food Management Service

000821 - entree- chicken nuggets

Recipe HACCP Process: #2 Same Day Service

Source: nslp
 Number of Portions: 1
 Size of Portion: 5 pieces

Meat/Alt: 2 oz.
 Grain/Bread: 1 SRV.
 F/V/J: 0 Cup
 Milk: 0 FLOZ

901976 chicken nuggets tyson 122421....	5 (1 each)
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*Nutrients are based upon 1 Portion Size (5 pieces)

Calories	230 kcal	Cholesterol	25.00 mg	Protein	12.00 g	Calcium	80.00 mg	62.61%	Calories from Total Fat
Total Fat	16.00 g	Sodium	480.00 mg	Vitamin A	2.00 RE	Iron	1.44 mg	15.65%	Calories from Sat Fat
Saturated Fat	4.00 g	Carbohydrate	10.00 g	Vitamin A	100.00 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ¹	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.00 mg	Ash ¹	0.00 g	17.39%	Calories from Carbohydrates
								20.87%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.