

Quest Food Management

001044 - entree- chicken tenders : nsip	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: serving	Meat/Alt: 2 oz Grains: 1 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
903285 chicken tenders bb 1.1oz gfs 532372....	50 (3 strips)	

*Nutrients are based upon 1 Portion Size (serving)

Calories	284 kcal	Cholesterol	67 mg	Protein	19.44 g	Calcium	0.00 mg	56.84%	Calories from Total Fat
Total Fat	17.94 g	Sodium	748 mg	Vitamin A	0.0 RE	Iron	1.08 mg	11.84%	Calories from Saturated Fat
Saturated Fat	3.74 g	Carbohydrates	13.46 g	Vitamin A	0.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ¹	0.00 g	Dietary Fiber	2.99 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	18.95%	Calories from Carbohydrates
								27.37%	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