

Shamrock Shaped Chicken Nuggets

Nutrition Facts

Serving Size: 3 Each

ALLERGENS

Soy, Wheat

Amount Per Serving

Calories: 221

Calories from Fat: 109

Total Fat:	12.1g
Saturated Fat:	3.0g
Trans Fat:	0.00
Cholesterol:	45mg
Sodium:	352mg
Total Carbohydrate:	12.1g
Dietary Fiber:	2.0g
Sugars:	1.0g
Protein:	14.1g

Vitamin A: 0RE

Vitamin C: .0mg

Calcium: 17.1mg

Iron: 1.5mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

Ingredients

Chicken Nuggets, Shamrock Shapes Brak (mfg label): BONELESS CHICKEN BREAST WITH RIB MEAT, WATER, ISOLATED SOY PROTEIN WITH LESS THAN 2% SOY LECITHIN, SEASONING (MODIFIED CORN STARCH, DEHYDRATED GARLIC, DEHYDRATED ONION, MALTODEXTRIN, SALT, NATURAL FLAVOR, SPICE EXTRACTIVES), SALT, SODIUM PHOSPHATES. BREADED WITH WHOLE WHEAT FLOUR, WHOLE GRAIN YELLOW CORN FLOUR, WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, WHEAT GLUTEN, SOYBEAN OIL, SALT, DRIED ONION, DRIED GARLIC, CORN STARCH, POTASSIUM CHLORIDE, SPICES, DRIED YEAST, CITRIC ACID, SUGAR, PAPRIKA EXTRACT (COLOR), TURMERIC EXTRACT (COLOR). CONTAINS: SOY AND WHEAT [903692]