

Chicken Nuggets WG

Nutrition Facts

Serving Size: 7 Each

ALLERGENS

Milk, Wheat

Amount Per Serving

Calories: 266

Calories from Fat: 114

Total Fat:	12.7g
Saturated Fat:	2.8g
Trans Fat:	0.00
Cholesterol:	83mg
Sodium:	502mg
Total Carbohydrate:	11.3g
Dietary Fiber:	1.4g
Sugars:	.0g
Protein:	26.7g

Vitamin A: 68RE

Vitamin C: 1.4mg

Calcium: 28.1mg

Iron: 1.4mg

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, WG OH (mfg label): CHICKEN, WATER, REDUCED SODIUM SEA SALT (SEA SALT, POTASSIUM CHLORIDE, RICE FLOUR), SODIUM PHOSPHATES. BREADED WITH: WHOLE WHEAT FLOUR, SALT, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEXTROSE, LEAVENING (SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), EXTRACTIVES OF PAPRIKA. BATTERED WITH: WATER, WHOLE WHEAT FLOUR, SALT, WHEY, LEAVENING (CALCIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE), ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SPICE GARLIC POWDER, XANTHAN GUM, EXTRACTIVES OF PAPRIKA. CONTAINS: MILK, WHEAT [903274]