

General Tso's w/ Brown Rice

Nutrition Facts

Serving Size: Serving

ALLERGENS

Eggs, Soy, Wheat

Amount Per Serving

Calories: 420

Calories from Fat: 51

Total Fat:	5.7g
Saturated Fat:	1.0g
Trans Fat:	*0.00* (see below)
Cholesterol:	60mg
Sodium:	545mg
Total Carbohydrate:	69.2g
Dietary Fiber:	1.6g
Sugars:	19.5g
Protein:	19.9g

Vitamin A: 97RE

Vitamin C: 1.8mg

Calcium: 16.8mg

Iron: 1.9mg

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.

* The available data does not currently provide complete information concerning the Trans Fat content of the ingredients for this item.

Ingredients

Chicken General Tso's Ling's 5th Taste (mfg label): CHICKEN: DARK MEAT CHICKEN CHUNKS, WATER, CORNSTARCH, WHITE WHOLE GRAIN WHEAT FLOUR, SOYBEAN OIL, LIQUID WHOLE EGGS, SALT, WHITE PEPPER POWDER, GARLIC, GINGER AND GREEN ONION. SAUCE: SUGAR, WATER, VINEGAR, SOY SAUCE (WATER, SOY BEAN, SALT, SUGAR, WHEAT FLOUR, EXTRACT OF MUSHROOM) MODIFIEDSTARCH, JALAPENO CHILI, GARLIC, CHILI POWDER, ORANGE PEEL POWDER, GINGER AND GREEN ONION ALLERGENS: EGG, SOY, WHEAT AND CITRUS. [903559]

RICE, BROWN, MEDIUM-GRAIN, RAW (mfg label): NATURAL LONG GRAIN BROWN RICE [020040]

WATER, MUNICIPAL-USE (mfg label): WATER [903215]