

## Chicken Nuggets WG

### Nutrition Facts

Serving Size: 5 Each

### **ALLERGENS**

Milk, Soy, Wheat

Amount Per Serving

Calories: 184

Calories from Fat: 72

<b>Total Fat:</b>	<b>8.0g</b>
Saturated Fat:	2.0g
Trans Fat:	0.00
<b>Cholesterol:</b>	<b>35mg</b>
<b>Sodium:</b>	<b>400mg</b>
<b>Total Carbohydrate:</b>	<b>12.0g</b>
Dietary Fiber:	2.0g
Sugars:	.0g
<b>Protein:</b>	<b>15.0g</b>

Vitamin A: 153RE

Vitamin C: 95.0mg

Calcium: 31.0mg

Iron: 2.0mg

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, Gold Kist Farms 61210 (mfg label): CHICKEN, WATER, ISOLATED SOY PROTEIN, SUGAR, REDUCED SODIUM SEA SALT (SEA SALT, POTASSIUM CHLORIDE, RICE FLOUR), SODIUM PHOSPHATES, WHITE PEPPER, ONION POWDER, GARLIC POWDER. 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), ASCORBIC ACID (VITAMIN C), MONO AND DIGLUCERIDES, SOYBEAN OIL, 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, ASCORBIC ACID (VITAMIN C), SOYBEAN OIL (AS A PROCESSING AID), GARLIC POWDER, XANTHAN GUM, EXTRACTIVES OF PAPRIKA, BREADING SET IN VEGETABLE OIL. CONTAINS: MILK, SOY, WHEAT [903681]