

## General Tso's w/ Brown Rice

### Nutrition Facts

Serving Size: Serving

### ALLERGENS

Eggs, Soy, Wheat

Amount Per Serving

Calories: 414

Calories from Fat: 43

<b>Total Fat:</b>	<b>4.8g</b>
Saturated Fat:	.9g
Trans Fat:	0.00
<b>Cholesterol:</b>	<b>40mg</b>
<b>Sodium:</b>	<b>366mg</b>
<b>Total Carbohydrate:</b>	<b>74.3g</b>
Dietary Fiber:	2.3g
<b>Protein:</b>	<b>16.1g</b>

Vitamin A: ORE

Vitamin C: 1.2mg

Calcium: 24.7mg

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.

### 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]