

## Teriyaki Chicken w/ Brown Rice

### Nutrition Facts

Serving Size: Serving

### ALLERGENS

Eggs, Soy, Wheat

Amount Per Serving

Calories: 346

Calories from Fat: 54

<b>Total Fat:</b>	<b>6.0g</b>
Saturated Fat:	1.8g
Trans Fat:	*0.00* (see below)
<b>Cholesterol:</b>	<b>65mg</b>
<b>Sodium:</b>	<b>294mg</b>
<b>Total Carbohydrate:</b>	<b>51.4g</b>
Dietary Fiber:	1.9g
Sugars:	7.0g
<b>Protein:</b>	<b>19.3g</b>

Vitamin A: 35RE

Vitamin C: .0mg

Calcium: 20.9mg

Iron: 2.1mg

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 Teriyaki MINH Schwans (mfg label): FULLY COOKED DARK MEAT CHICKEN WITH BINDERS ADDED (BONELESS, SKINLESS DARK MEAT CHICKEN, CHICKEN BROTH, ISOLATED SOY PROTEIN, DRIED WHOLE EGG, CONTAINS 2% OR LESS OF THE FOLLOWING: CARAMELIZED SUGAR, DEHYDRATED GARLIC, DEHYDRATED ONION, DEXTROSE, FLAVORINGS, LIME JUICE SOLIDS, MALTODEXTRIN, NATURAL FLAVORS, SALT, SPICES, AND SUGAR). SAUCE PACKET: WATER, SUGAR, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID, SODIUM BENZOATE [PRESERVATIVE]), BROWN SUGAR, CANE REFINERY SYRUPS, MODIFIED FOOD STARCH, CONTAINS 2% OR LESS: TOASTED SESAME OIL, CANE MOLASSES, CARAMEL COLOR, SPICE, XANTHAN GUM, SALT, GARLIC POWDER, ONION POWDER. CONTAINS: EGGS, WHEAT AND SOY [903512]

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

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