Chicken Nuggets w/ Mini Eggo Waffles

Nutrition Facts
Serving Size: Each

Amount Per Serving

Calories: 389 | Calories from Fat: 126

Total Fat:	**14.0g**
Saturated Fat:	3.5g
Trans Fat:	0.00
Cholesterol:	**59mg**
Sodium:	**577mg**
Total Carbohydrate:	**43.0g**
Dietary Fiber:	5.0g
Protein:	**23.0g**

Vitamin A: 548RE   Vitamin C: 1.0mg   Calcium: 120.0mg   Iron: 3.7mg

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, THISAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SPICE GARLIC POWDER, XANTHAN GUM, EXTRACTIVES OF PAPRIKA. CONTAINS: MILK AND WHEAT [903274]

Waffles, Mini Eggo, Maple (mfg label): WHOLE WHEAT FLOUR, WATER, SUGAR, EGG WHITES, VEGETABLE OIL (SOYBEAN, PALM, AND/OR CANOLA OIL), CONTAINS 2% OR LESS OF LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), MOLASSES, SOY LECITHIN, MALTODEXTRIN, NATURAL FLAVORS, WHEY, SALT, MODIFIED CORN STARCH. VITAMINS AND MINERALS: CALCIUM CARBONATE, VITAMIN A PALMITATE, REDUCED IRON, NIACINAMIDE, VITAMIN B12, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B1 (THIAMIN HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN). CONTAINS WHEAT, EGG, SOY AND MILK [903303]