

Orange Chicken w/ Brown Rice

Nutrition Facts

Serving Size: Serving

ALLERGENS

Eggs, Soy, Wheat

Amount Per Serving

Calories: 394

Calories from Fat: 43

Total Fat:	4.8g
Saturated Fat:	.9g
Trans Fat:	0.00
Cholesterol:	40mg
Sodium:	285mg
Total Carbohydrate:	70.3g
Dietary Fiber:	2.3g
Protein:	16.1g

Vitamin A: 0RE

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 Mandarin Orange Jr. Ling's 5th (mfg label): CHICKEN: BONELESS, SKINLESS CHICKEN LEG MEAT, WATER, CORNSTARCH, WHITE WHOLE GRAIN WHEAT FLOUR, SOYBEAN OIL, LIQUID WHOLE EGGS, SALT, WHITE PEPPER POWDER, GROUND GINGER, GARLIC, GREEN ONION. SAUCE: WATER, SUGAR, VINEGAR, SOY SAUCE (SOYBEANS, WHEAT FLOUR, WATER, SALT, STRAW MUSHROOM EXTRACTIVES), MODIFIED STARCH, MANDARIN ORANGE JUICE AND PEEL, CHILI POWDER, GARLIC, GINGER, GREEN ONION. CONTAINS: EGG, SOY, WHEAT, CITRUS. [903533]

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

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