

Popcorn Chicken w/ Dinner Roll

Nutrition Facts

Serving Size: Servings

ALLERGENS

Eggs, Milk, Soy, Wheat

Amount Per Serving

Calories: 247

Calories from Fat: 74

Total Fat: 8.2g

Saturated Fat: 1.0g

Trans Fat: 0.00

Cholesterol: 54mg

Sodium: 531mg

Total Carbohydrate: 25.3g

Dietary Fiber: 3.1g

Protein: 18.4g

Vitamin A: 105RE

Vitamin C: 1.0mg

Calcium: 36.4mg

Iron: 2.8mg

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 Popcorn, WG OH proc (mfg label): CHICKEN, WATER, ISOLATED SOY PROTEIN, DRIED WHOLE EGG, REDUCED SODIUM SEA SALT (SEA SALT, POTASSIUM CHLORIDE, RICE FLOUR), SUGAR, SODIUM PHOSPHATES, WHOLE PEPPER, ONION POWDER, GARLIC POWDER. BREADED WITH: WHOLE WHEAT FLOUR, SALT, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DISODIUM INCALNATE AND DISODIUM GUANYTATE, ONION POWDER, SPICE, YEAST, GARLIC POWDER, MALODEXTRIN, SUGAR, SOY SAUCE (FERMENTED SOYBEANS, WHEAT, SALT), EXTRACTIVES OF PAPRIKA, YEAST EXTRACT. BATTERED WITH: WATER, WHOLE WHEAT FLOUR, MODIFIED CORN STARCH, SALT, ONION POWDER, NONFAT MILK, WHEY, DISODIUM INCALNATE AND DISODIUM GUANYTATE. PRODUSTED WITH: WHOLE WHEAT FLOUR, MODIFIED CORN STARCH, SALT, SPICE EXTRACTS. CONTAINS: EGG, MILK, SOY AND WHEAT [903273]

Dinner Roll wheat Klosterman #3920 (mfg label): WATER, WHITE WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, BARLEY MALT, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN SYRUP, YEAST, SOYBEAN OIL, WHEAT GLUTEN, CONTAINS 2% OF LESS OF THE FOLLOWING: SALT, HONEY, MOLASSES, INVERT SUGAR, WHEAT STARCH, SOY LECITHIN, YEAST NUTRIENTS (CALCIUM SULFATE, AMMONIUM CHLORIDE), CORN STARCH, DOUGH CONDITIONERS (ASCORBIC ACID, CALCIUM PEROXIDE, AZODICARBONAMIDE), CALCIUM PROPIONATE (PRESERVATIVE). CONTAINS: WHEAT AND SOY [900238]

