

Teriyaki Chicken w/ Brown Rice

Nutrition Facts

Serving Size: Serving

ALLERGENS

Soy, Wheat

Amount Per Serving

Calories: 321

Calories from Fat: 45

Total Fat:	5.0g
Saturated Fat:	1.3g
Trans Fat:	*0.00* (see below)
Cholesterol:	70mg
Sodium:	334mg
Total Carbohydrate:	49.4g
Dietary Fiber:	1.9g
Sugars:	6.0g
Protein:	19.3g

Vitamin A: 0RE

Vitamin C: .0mg

Calcium: 20.9mg

Iron: 1.8mg

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.

* The available data does not currently provide complete information concerning the Trans Fat content of the ingredients for this item.

Ingredients

Chicken BBQ Teriyaki Chicken Yang's (mfg label): CHICKEN: CHICKEN LEG MEAT, WATER, SUGAR, SOY SAUCE (WATER, SOY BEAN, SALT, SUGAR, WHEAT FLOUR, EXTRACT OF MUSHROOM) LIME JUICE 100%, SALT, GARLIC, GINGER AND GREEN ONION. SAUCE: WATER, SUGAR, SOY SAUCE (WATER, SOY BEANS, SALT, SUGAR, WHEAT FLOUR AND EXTRACT OF MUSHROOM) MODIFIED STARCH, SALT, GARLIC, LIME JUICE, GINGER AND GREEN ONION. ALLERGENS: SOY, WHEAT, AND CITRUS [903586]
RICE, BROWN, MEDIUM-GRAIN, RAW (mfg label): NATURAL LONG GRAIN BROWN RICE [020040]
WATER, MUNICIPAL-USE (mfg label): WATER [903215]