Chicken Nuggets WG w/ Biscuit

Nutrition Facts
Serving Size: 7 Each

Amount Per Serving

Calories: 476 | Calories from Fat: 204

Total Fat:	**22.7g**
Saturated Fat:	11.8g
Trans Fat:	0.00
Cholesterol:	**83mg**
Sodium:	**962mg**
Total Carbohydrate:	**38.3g**
Dietary Fiber:	3.4g
Protein:	**30.7g**

Vitamin A: 78RE   Vitamin C: 1.4mg   Calcium: 178.1mg   Iron: 2.5mg

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

Biscuit, Pillsbury Baked WG Easy Split 2 (mfg label): MADE WITH: WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR BLEACHED (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), HYDROGENATED PALM KERNEL OIL, SUGAR, CALCIUM ACID PYROPHOSPHATE, SALT, BUTTERMILK, BAKING SODA, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL*, SODIUM ALUMINUM PHOSPHATE, POTASSIUM BICARBONATE, SODIUM CASEINATE, NONFAT MILK, WHEY PROTEIN CONCENTRATE, WHEY, SOY LECITHIN.*ADDS A NEGLIGIBLE AMOUNT OF TRANS FAT. CONTAINS: WHEAT, MILK AND SOY [903414]

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]