

## Popcorn Chicken

### Nutrition Facts

Serving Size: Servings

### ALLERGENS

Eggs, Milk, Soy, Wheat

Amount Per Serving

Calories: 215

Calories from Fat: 83

**Total Fat:** 9.2g

Saturated Fat: 1.3g

Trans Fat: 0.00

**Cholesterol:** 70mg

**Sodium:** 489mg

**Total Carbohydrate:** 13.2g

Dietary Fiber: 2.6g

**Protein:** 19.8g

Vitamin A: 123RE

Vitamin C: 1.3mg

Calcium: 21.1mg

Iron: 2.6mg

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]