

Chicken Brst Nuggets Bdr Ckd

Printer Friendly

SUPC: 8182529

Nutrition Information

Serving Size: 5 Nuggets (94 grams)

Amount Per Serving

Calories: 230

Calories from Fat: 108

% Daily Value*

Total Fat:	12 GM	18%
Saturated Fat:	3 GM	15%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	55 MG	18%
Sodium:	690 MG	29%
Potassium:	NA	NA
Total Carbohydrate:	16 GM	5%
Dietary Fiber:	0 GM	2%
Sugars:	0 GM	
Protein:	15 GM	

Vitamin A: 2%

● Vitamin C: 0%

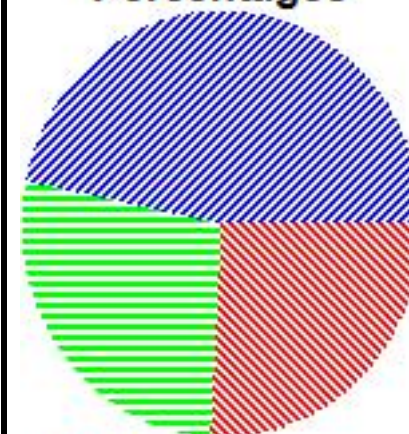
Calcium: 4%

● Iron: 10%

Ingredients:

Chicken breast with rib meat, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, vitamin B12, copper gluconate, vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, riboflavin), dried whole eggs, salt, sodium phosphate, hydrolyzed soy protein, onion powder, spices, flavoring (spice extractions). Batter: water, bleached enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, salt, buttermilk solids, leavening (sodium bicarbonate, sodium aluminum phosphate), spices. Breading: Unbleached enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), yellow corn flour, salt, cracker crumbs [enriched wheat flour (Niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, nonfat dry milk, dextrose, soybean oil, sugar, yeast, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), yeast extractive and natural flavor], spices, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate).

Calorie Percentages



PRO - 26%
CHO - 28%
FAT - 47%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g

Calories per gram:

Notes

1. The nutritional values indicated may not be complete based on limited information from product manufacturer.
2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.
3. If the Nutrition Label, Allergen Information and/or Ingredient List on eNutrition conflicts with these three statements on the product packaging itself, defer to the information on the product packaging. To ensure complete and current information on a product, always contact the product manufacturer.