

popcorn chicken

Servings:	1.00	Category:	Entree
Serving Size:	10.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47917
School:	Highland Elementary		

Ingredients

Description	Measurement	DistPart #
CHIX PCORN LRG WGRAIN CKD	10 Each	536620

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00 Piece

Amount Per Serving	
Calories	260.00
Fat	13.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	550.00mg
Carbohydrates	17.00g
Fiber	3.00g
Sugar	0.00g
Protein	19.00g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.44mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available