

NACHO CHIPS



Servings:	1.00	Category:	Grain
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39720
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND YEL	2 Ounce		163020

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.500
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: 2.00 Ounce

Amount Per Serving	
Calories	240.00
Fat	9.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	150.00mg
Carbohydrates	40.00g
Fiber	4.00g
Sugar	0.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 66.00mg	Iron 2.00mg

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

Nutrition - Per 100g

Calories	423.29
Fat	15.87g
SaturatedFat	1.76g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	264.55mg
Carbohydrates	70.55g
Fiber	7.05g
Sugar	0.00g
Protein	7.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 116.40mg	Iron 3.53mg

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