

NEW ORLEANS CHICKEN

NO IMAGE

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 4.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-49964 |
| School: | Manchester High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------|-------------|-------------------|------------|
| ENTREE KIT NEW ORLEANS CHIX | 4 Ounce | | 791701 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.800 |
| Grain | 0.000 |
| 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: 4.00 Ounce

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 224.56 |
| Fat | 6.32g |
| SaturatedFat | 1.40g |
| Trans Fat | 0.00g |
| Cholesterol | 84.21mg |
| Sodium | 603.51mg |
| Carbohydrates | 19.65g |
| Fiber | 0.00g |
| Sugar | 19.65g |
| Protein | 22.46g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 28.07mg | Iron 1.12mg |

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

Nutrition - Per 100g

| | |
|-------------------------|-------------------------|
| Calories | 198.03 |
| Fat | 5.57g |
| SaturatedFat | 1.24g |
| Trans Fat | 0.00g |
| Cholesterol | 74.26mg |
| Sodium | 532.20mg |
| Carbohydrates | 17.33g |
| Fiber | 0.00g |
| Sugar | 17.33g |
| Protein | 19.80g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 24.75mg | Iron 0.99mg |

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