

NEW ORLEANS CHICKEN



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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