

# Ultimate Chicken Sandwich w/Cheese (LR100071)

Allergens: Contains Wheat;  
 Meal Contribution: 2 WGR, 2 1/2 Meat/MA  
 Number of Servings: 1 Serving Size: 1 sandwich  
 Moisture gain/loss%: 0.0000 Yield: 6 5/8 Ounce  
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000  
 Total Recipe Cost: \$0.0000 Cost Per Serving: \$0.0000

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				Chicken, Breaded Chicken Fritter Select Cut, 3.5oz, Tyson Food Service Inc Red Label, 038361-0928, MMA SI100101	1 Each
				Bread, Hamburger Bun Whole Grain 4" Sliced, Flowers Foods Specialty Group, 27035660, WGR SI100102	1 bun
				160 Slice 50% Reduced Sodium, 50% Reduced Fat Process American Cheese 119047	1 Ounce

**Nutritional Information**

	Fat	SFat	Carb	Protein	Sugar
<b>% of Calories</b>	38.03	9.05	39.06	27.58	4.436

**Nutrients per 100 g**

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
243.256	10.278	2.445	0	32.472	616.469	23.752	1.619	2.698(M)	16.773	0.971	411.772	585.284	0	(M)	(M)

**Nutrients per serving (185.35 g)**

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
450.875	19.051	4.532	0	60.187	1142.63	44.024	3	5(M)	31.088	1.8	763.22	1084.82	0	(M)	(M)

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.