

Popcorn Chicken with a Breadstick (LR100048)

HACCP Process: Process 2: Same day service
 Allergens: Contains Soy, Wheat;
 Meal Contribution: 2 WGR, 2 Meat/MA
 Number of Servings: 1.00 Serving Size: 1 Serving
 Moisture gain/loss%: 0.0000 Yield: 5 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, Golden Crispy Whole Grain Popcorn Chicken, Tyson Foods Inc, 70368-928, MMA, WG SI103941	4 Ounce
				Whole Grain Breadsticks LI100019	1 breadstick

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	42.33	7.15	33.48	22.15	2.301

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)
274.506	12.912	2.18	0	21.793	430.262	22.977	3.322	1.579	15.197	2.588	42.433 (M)	87.172	0	(M)	(M)

Nutrients per serving (141.4 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)
388.152	18.257	3.082	0	30.815	608.391	32.489	4.698	2.233	21.489	3.659	60(M)	123.261	0	(M)	(M)

(M) Indicates missing values.

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