CHICKEN TENDERS W/DINNER ROLL #001693

Ingredients

75 chicken tenders (3each)
25 dinner rolls

Makes: 25 SER (3 TENDERS)
Prep Time:
Cooking Time:
Provides: 2M 3.75G

Image

Nutrition Facts

C Chicken Tendersw/Roll 18-19

Nutrition Facts
Serving Size: servings
Servings per Container: 1

Amount Per Serving	
Calories: 447	Calories from Fat 152
	% Daily Value*
Total Fat 16.9g	26%
Saturated Fat 3.0g	15%
Trans Fat* 0.0g	
Cholesterol 62mg	21%
Sodium 611mg	25%
Total Carbohydrate 46.5g	16%
Dietary Fiber 4.8g	20%
Protein 26.5g	54%
Vitamin A 0%	Vitamin C 5%
Calcium 2%	Iron 19%

* - Trans Fat value is provided for informational purposes only, not for monitoring purposes.
* - Percent Daily Values are based on a 2,000 calorie diet.
"N/A" - denotes a nutrient that is either missing or incomplete for an individual ingredient.

Possible Allergens or Sensitivites

		Yes	No	Comments
1.	Contains Egg	Dinner roll	Chicken tenders	
2.	Contains Dairy		X	
3.	Contains Nuts		X	
4.	Contains Pork		X	
5.	Contains Gluten	X		
6.	Contains Soy	X		
7.	Vegetarian	Dinner roll	Chicken tenders	