

# Chicken Nuggets

## Nutrition Facts

Serving Size 6 pieces (109g)

Servings Per Container 1

Amount Per Serving

**Calories** 276 Calories From Fat 171

		% Daily Value*
<b>Total Fat</b>	19g	30%
Saturated Fat	4g	21%
Trans Fat	<1 g	0%
<b>Cholesterol</b>	30mg	10%
<b>Sodium</b>	588mg	25%
<b>Total Carbohydrate</b>	12g	4%
Dietary Fiber	4g	14%
Sugars	<1g	

**Protein** 14g

Vitamin A 2% ● Vitamin C 0%

Calcium 10% ● Iron 12%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

### Ingredients: Chicken Nuggets

(Chicken Breast with Rib Meat, Water, Textured Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacnamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Vitamin B1, B6, B2, & B12, Soy Protein Concentrate, Seasoning {Salt, Hydrolyzed Corn Protein, Autolyzed Yeast Extract, Onion, Spices, Spice Extractives, Garlic}, Sodium Phosphates], Breading [Enriched Wheat Flour, Water, Salt, Spices, Yellow Corn Flour, Maltodextrin, Whey, Dextrose, Wheat Gluten, Dried Egg Whites, Leavening, Caramel Color, Onion Powder, Paprika, Extractives of Paprika & Turmeric]); Trans Fat- Free Frying Oil.

**Allergy Information:** Milk, Eggs, Wheat, Soybeans

