Date: 12/18/2008

Chicken Strips Breaded Fried 4 pc.

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	order	**Cook**
Portion	4	pieces	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 4 pieces
Servings Per Container 1

Amount Per Serving

Calories 461 Calories From Fat 191

	% Daily Value
Total Fat 21g	32%
Saturated Fat 2g	8%
Cholesterol 71mg	24%
Sodium 2118mg	88%
Total Carbohydrates 40g	13%
Dietary Fiber 2g	10%
Protein 33g	

Vitamin A	3%	Vitamin C	0%
Calcium	5%	Iron	19%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Sugar Free
High in Protein
Good Source of Iron
Good Source of Carbohydrates
Good Source of Fiber