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Dragon Wings - Tiger Wok

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	servings	**Cook**
Portion	8	pieces	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 8 pieces
Servings Per Container 1

Amount Per Serving

Calories 421	Calories From Fat 147
	% Daily Value
Total Fat 16g	25%
Saturated Fat 4g	16%
Cholesterol 113mg	38%
Sodium 1193mg	50%
Total Carbohydrates 15g	5%
Dietary Fiber 0g	0%
Protein 44g	

Vitamin A	2%	Vitamin C	4%
Calcium	3%	Iron	10%

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

Nutrition Descriptors

High in Protein
Good Source of Potassium
Good Source of Iron