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Egg Roll Chicken

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	2	ea	**Cook**
Portion	3	oz	**Finish**
Num Portions	2		**Shelf**

Nutrition Facts

Serving Size 3 oz (85g)
Servings Per Container 2

Amount Per Serving

Calories 202 Calories From Fat 104

	% Daily Value
Total Fat 12g	17%
Saturated Fat 2g	10%
Cholesterol 25mg	8%
Sodium 410mg	17%
Total Carbohydrates 17g	6%
Dietary Fiber 2g	9%
Protein 8g	

Vitamin A	15%	Vitamin C	10%
Calcium	3%	Iron	11%

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

Nutrition Descriptors

Good Source of Vitamin A
Good Source of Vitamin C
Good Source of Iron
Good Source of Protein