

Kids Meal Turkey Chse Sand, Oranges, Juice

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 servings

Portion 1 servings

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 1 servings

Servings Per Container 1

Amount Per Serving

Calories 443 Calories From Fat 32

% Daily Value

Total Fat 4g 5%

Saturated Fat 2g 9%

Cholesterol 33mg 11%

Sodium 1850mg 77%

Total Carbohydrates 78g 26%

Dietary Fiber 10g 42%

Protein 15g

Vitamin A 12% Vitamin C 164%

Calcium 18% Iron 25%

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

Nutrition Descriptors

High in Vitamin C

High in Iron

High in Carbohydrates

High in Fiber

High in Protein

Good Source of Vitamin A

Good Source of Calcium

Good Source of Potassium