Tangy Chicken
University of Illinois

Author
Categories Hot Foods, Week 1
Tools

Yield 40 ea
Portion 1 ea
Num Portions 40

Nutrition Facts
Serving Size 1 ea
Servings Per Container 40

Amount Per Serving
Calories 366 Calories From Fat 105

% Daily Value
Total Fat 12g 18%
Saturated Fat 3g 14%
Trans Fat 0g
Cholesterol 99mg 33%
Sodium 491mg 20%
Total Carbohydrates 14g 5%
Dietary Fiber 2g 7%
Protein 41g

Vitamin A 0% Vitamin C 12%
Calcium 1% Iron 4%

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