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# Chicken & Noodles

Hesston College

**Author**

**Categories** Casserole, Entree, Pasta/Rice/Noodles, Poultry

**Tools** Ladle 4 oz, Pan ST 4"

**Locations**

**Plate/Store**

**Yield** 192 ea

**Cook**

**Portion** 4 oz

**Num Portions** 192

## Nutrition Facts

Serving Size 4 oz (113g)

Servings Per Container 192

Amount Per Serving

**Calories** 149 **Calories From Fat** 30

% Daily Value

**Total Fat** 3g 5%

**Saturated Fat** 1g 3%

**Trans Fat** 0g

**Cholesterol** 47mg 16%

**Sodium** 604mg 25%

**Total Carbohydrates** 20g 7%

**Dietary Fiber** 1g 3%

**Protein** 9g

**Vitamin A** 1% **Vitamin C** 2%

**Calcium** 2% **Iron** 8%

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

### Nutrition Descriptors

Low Saturated Fat

Good Source of Protein