

Date: 8/4/2011
Time: 11:39 AM



Curry, Chicken

Hesston College

Author

Categories Entree, Poultry

Tools Ladle 4 oz, Pan ST 4"

Locations

Plate/Store

Yield 5 gal **Cook**
Portion 8 fl oz
Num Portions 80

Nutrition Facts	
Serving Size 8 fl oz	
Servings Per Container 80	
Amount Per Serving	
Calories 340 Calories From Fat 140	
% Daily Value	
Total Fat 16g	23%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 138mg	46%
Sodium 747mg	31%
Total Carbohydrates 14g	5%
Dietary Fiber 3g	13%
Protein 36g	
Vitamin A 18%	Vitamin C 31%
Calcium 6%	Iron 19%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

- High in Vitamin C
- High in Potassium
- High in Protein
- Good Source of Vitamin A
- Good Source of Iron
- Good Source of Fiber