

Date: 8/4/2011
Time: 3:30 PM



Sweet & Sour Chicken

Hesston College

Author

Categories Entree, Poultry

Tools Ladle 4 oz, Pan ST 4"

Locations

Plate/Store

Yield 4 gal **Cook**
Portion 4 fl oz
Num Portions 128

Nutrition Facts	
Serving Size 4 fl oz	
Servings Per Container 128	
Amount Per Serving	
Calories 161 Calories From Fat 44	
% Daily Value	
Total Fat 5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 64mg	21%
Sodium 503mg	21%
Total Carbohydrates 13g	4%
Dietary Fiber 1g	4%
Protein 16g	
Vitamin A 15%	Vitamin C 63%
Calcium 3%	Iron 7%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

High in Vitamin C
High in Protein
Good Source of Vitamin A