Date: 8/4/2008
Time: 1:53 PM

ChefTec Software

Orange Peel Chicken Bowl

Orange Coast College

Author
Categories Grill
Tools
Locations STUDENT CENTER CAFE
Plate/Store

			Prep
Yield	14.16	oz	**Cook**
Portion	14.16	oz	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 14.2 oz (401g)
Servings Per Container 1

Amount Per Serving

Calories 751 Calories From Fat 240

	% Daily Value
Total Fat 27g	40%
Saturated Fat 5g	24%
Cholesterol 45mg	15%
Sodium 1810mg	75%
Total Carbohydrates 97g	32%
Dietary Fiber 1g	6%
Protein 25g	

Vitamin A	3%	Vitamin C	29%
Calcium	6%	Iron	14%

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

Nutrition Descriptors

High in Vitamin C
High in Carbohydrates
High in Protein
Good Source of Iron

Ingredients

CHICKEN POPCORN, WATER, ASIAN BLEND, SAUCE ORANGE ZESTY, RICE JASMINE, ONION GREEN, SESAME SEED, SPICE SALT