Date: 8/4/2008
Time: 1:52 PM

ChefTec Software

Chicken Teriyaki Rice Bowl

Orange Coast College

Author
Categories Grill
Tools
Locations STUDENT CENTER CAFE
Plate/Store

			Prep
Yield	14.05	oz	**Cook**
Portion	14.05	oz	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 14.1 oz (398g)
Servings Per Container 1

Amount Per Serving

Calories 486 Calories From Fat 121

	% Daily Value
Total Fat 13g	20%
Saturated Fat 3g	12%
Cholesterol 92mg	31%
Sodium 2172mg	90%
Total Carbohydrates 59g	20%
Dietary Fiber 0g	1%
Protein 29g	

Vitamin A	5%	Vitamin C	37%
Calcium	4%	Iron	12%

* 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 BRST B/S 4OZ FRZ, WATER, ASIAN BLEND, sauce teriyaki kikoman glaze, RICE JASMINE, JUICE LEMON, OIL OLIVE POMACE ITALIAN, MUSTARD DIJON, VINEGAR APPLE CIDER 50 GRAIN, SESAME SEED, SPICE SALT, SALT EVAP PLAIN UNIPRO, PEPPER BLK GRND