



3.0



Teriyaki beef nuggets served over whole grain brown rice.

Teriyaki Beef Dippers Brown Rice

Serving Size 5.43 oz. (Elem) **Carbs: 38.59**

Served on Mon, 10/05/2020

Allergens



Wheat



Soy

Nutrients

Iron (mg)	2.67
Saturated Fat (gm)	1.75
Fiber (gm)	2.12
Carbohydrate (gm)	38.59
Calories (kcal)	291.00
Cholesterol (mg)	19.14
Sodium (mg)	932.70
Sugars (gm)	6.39
Vitamin A (IU)	1.78
Vitamin C (mg)	0.00
Calcium (mg)	25.27
Protein (gm)	19.77



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