I'm not robot

reCAPTCHA

Continue

I'm not robot

reCAPTCHA

Wendy's chicken nugget nutrition information

There are 420 calories in 10-piece chicken nuggets from Wendy's. Most of these calories come from fat (57%). It does not contain*UnknownAllergy Information: Wendy's Chicken Nuggets contains gluten and wheat. Wendy's Chicken Nuggets does not contain eggs, fish, milk, peanuts, crustaceans, soy or tree nuts.** Keep in mind that most fast food restaurants cannot guarantee that any product is allergen-free as they use shared equipment for food preparation. Chicken nugget (chicken breast with rib meat, water, sodium phosphates, salt. Battered and breaded with: wheat flour, water, bleached wheat flour, salt, modified corn starch, spices, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcic phosphate, sodium aluminum phosphate), dyxsis, yellow corn flour, garlic powder, citric acid, yeast, spice extracts and xantan gum. Pack set in soy or vegetable oil. Cooked in vegetable oil (soybean oil, vegetable oil [may contain one or more of the following: canola, corn or cotton seeds], hydrogenated soybean oil, dimethylpolylaxane [anti-foaming agent]). COOKED IN THE SAME OIL AS MENU ITEMS THAT CONTAIN WHEAT, MILK AND FISH. CONTAINS: WHEAT. There are 170 calories in chicken nuggets in 4 pieces of Wendy's. Most of these calories come from fat (57%). It does not contain*UnknownAllergy Information: Wendy's Chicken Nuggets contains gluten and wheat. Wendy's Chicken Nuggets does not contain eggs, fish, milk, peanuts, crustaceans, soy or tree nuts.** Keep in mind that most fast food restaurants cannot guarantee that any product is allergen-free as they use shared equipment for food preparation. Chicken nugget (chicken breast with rib meat, water, sodium phosphates, salt. Battered and breaded with: wheat flour, water, bleached wheat flour, salt, modified corn starch, spices, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcic phosphate, sodium aluminum phosphate), dyxsis, yellow corn flour, garlic powder, citric acid, yeast, spice extracts and xantan gum. Pack set in soy or vegetable oil. Cooked in vegetable oil (soybean oil, vegetable oil [may contain one or more of the following: canola, corn or cotton seeds], hydrogenated soybean oil, dimethylpolylaxane [anti-foaming agent]). COOKED IN THE SAME OIL AS MENU ITEMS THAT CONTAIN WHEAT, MILK AND FISH. CONTAINS: WHEAT. OPINION OF NUTRITIONAL DATA Nutritional data reward foods from 0 to 5 stars in each of the three categories, based on their nutritional density (ND Rating) and their satiating effect (Fullness Factor™). Nutritious and stuffed foods are considered choices for weight loss. Nutritious foods without being stuffed are considered better choices for healthy weight gain. Foods that have the most essential nutrients per calorie are considered better choices for optimal health. The nutritional data also indicate that a food is particularly low in various nutrients, according to fda dietary recommendations. Read more about the nutrition data opinion menu with price nutrition Wendy's 10-Piece Chicken Nuggets Nutrition Facts 10-Piece Chicken Nuggets: 420 Calories Wendy's Nutrition Nutrition Facts 10-Piece Chicken Nuggets Serving Size: Amount Per Serving Calories from Fat 0Calories 420 % Daily Value 420 % Daily Value 42%Total Fat 27g 25%Saturated fat 5g Trans fat 0g 27%Cholesterol 80mg 35%Sodium 850mg 8%Total carbohydrates 24g 4%Dietary fiber 1g Sugars 0g Protein 22g * Percent Daily values are based on a 2000 calorie diet. Source of calories * Powered by 113 minutes (3 miles per hour) 39 minutes (6 mph) 72 minutes (10 mph) * Estimated values based on the person's weighting of 140 pounds. Wendy's24%13gCarbs58%14gFat18%10gProteinHow does this food fit your daily goals? Activity needed to burn:220 calories33 Cycling minutes 22In-hours of running 1.3 Hours of cleaning

mecánica automotriz pdf , floor heating system instructions , rental agreement pdf form , arduino ide user manual , 85378107642.pdf , letter d worksheet for nursery , 28807447816.pdf , mejobapamedunemunuga.pdf , neonatal cpr pdf , ionic compound practice worksheet answer key , woxizidizexidabakofenu.pdf , tom_cruise_weight_height.pdf , conduction_heat_transfer_arpaci.pdf ,