

NUTRITION FACTS

Serving Size: 10 inch Baked Chicken

SERVINGS: 1

Amount Per Serving

Calories 1130 **Calories From Fat 495**

% Daily Value

Total Fat 55g **85%**

Saturated Fat 16g **80%**

Cholesterol 155mg **52%**

Sodium 1611mg **67%**

Total Carbohydrates 95g **32%**

Dietary Fiver 7g **28%**

Sugars 9g

Protein 60g **120%**

Vitamin A 20% **Vitamin C 12%**

Calcium 74% **Iron 43%**

**Percent daily values are based on a 2,000
Calorie diet. Your daily values may be higher
Or lower depending on your calorie needs:**

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4