

NUTRITION FACTS

Serving Size: 10 inch Chicken Parmesan

SERVINGS: 1

Amount Per Serving

Calories 870

Calories From Fat 225

% Daily Value

Total Fat 25g

39%

Saturated Fat 13g

65%

Cholesterol 105mg

35%

Sodium 2380mg

99%

Total Carbohydrates 96g

32%

Dietary Fiver 6g

24%

Sugars 9g

Protein 52g

104%

Vitamin A 32%

Vitamin C 5%

Calcium 70%

Iron 48%

**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