

# NUTRITION FACTS

Serving Size: 6 inch Baked Chicken

SERVINGS: 1

## Amount Per Serving

Calories 700

Calories From Fat 300

## % Daily Value

Total Fat 33g

50%

Saturated Fat 10g

50%

Cholesterol 100mg

34%

Sodium 1040mg

43%

Total Carbohydrates 60g

20%

Dietary Fiver 5g

20%

Sugars 6g

Protein 40g

80%

Vitamin A 13%

Vitamin C 10%

Calcium 45%

Iron 27%

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