

# NUTRITION FACTS

Serving Size: 6 inch Chicken Parmesan

**SERVINGS: 1**

## Amount Per Serving

**Calories 540** **Calories From Fat 135**

## % Daily Value

**Total Fat 15g** **23%**

**Saturated Fat 8g** **40%**

**Cholesterol 70mg** **24%**

**Sodium 1560mg** **65%**

**Total Carbohydrates 60g** **20%**

**Dietary Fiver 4g** **16%**

**Sugars 2g**

**Protein 35g** **70%**

**Vitamin A 21%** **Vitamin C 3%**

**Calcium 41%** **Iron 30%**

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

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

**Calories per gram:**

**Fat 9 Carbohydrate 4 Protein 4**