

# Nutrition Facts

## Chicken Parmesan

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### Amount Per Serving

**Calories** 523.3

Calories from Fat 268.3

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### % Daily Value\*

**Total Fat** 30.6g **47%**

Saturated Fat 12g **60%**

*Trans* Fat 0g

**Cholesterol** 90.6mg **30%**

**Sodium** 1757.9mg **73%**

**Total Carbohydrates** 33g **11%**

Dietary Fiber 2.5g **10%**

Sugars 8.3g

**Protein** 35.8g

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Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **0%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.