Chicken Cordon Bleu

Nutrition Facts

Serving Size: 1 Stuffed Chicken Breast & 1/3 Sauce (0.0g)
Servings Per Container: 3

Amount Per Serving

Calories 580 — Calories from Fat 280

	% Daily Value*
Total Fat 31g	**48**%
Saturated Fat 10g	**50**%
Trans Fat 2g	
Cholesterol 150mg	**50**%
Sodium 1450mg	**60**%
Total Carbohydrate 18g	**6**%
Dietary Fiber 0g	**0**%
Sugars 5g	
Sugar Alcohol 0g	
Protein 51g	

Vitamin A 20%	•	Vitamin C 4%
Calcium 40%	•	Iron 6%

* 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
Sat 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

CONTAINS: MILK, EGG, WHEAT, SOY

VALUES ARE FOR ENTREE AND DO NOT INCLUDE VALUES FOR SIDE ITEMS (RICE, PASTA, POTATOES, ETC).

MODIFICATIONS TO THE ORIGINAL RECIPE (LOW SODIUM, INGREDIENT SUBSTITUTIONS, ETC) WILL GREATLY ALTER THESE NUTRITIONAL FACTS