

Chicken Cordon Bleu

Nutrition Facts

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

Servings Per Container: 3

Amount Per Serving

Calories 560 Calories from Fat 270

% Daily Value*

Total Fat 30g **46%**

Saturated Fat 10g **50%**

Trans Fat 2g

Cholesterol 140mg **47%**

Sodium 1350mg **56%**

Total Carbohydrate 18g **6%**

Dietary Fiber 0g **0%**

Sugars 5g

Sugar Alcohol 0g

Protein 49g

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