

Chicken Parmesan

Nutrition Facts

Serving Size: 1 Piece with Sauce and Cheese (0.0g)

Servings Per Container: 3

Amount Per Serving

Calories 530 Calories from Fat 260

% Daily Value*

Total Fat 29g **45%**

Saturated Fat 11g **55%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 1680mg **70%**

Total Carbohydrate 34g **11%**

Dietary Fiber 2g **8%**

Sugars 8g

Sugar Alcohol 0g

Protein 37g

Vitamin A 20% • Vitamin C 15%

Calcium 50% • Iron 10%

* 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, 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