Killer Kebabs Chicken Keto

Nutrition Facts

Serving Size: 2 Skewers (0.0g) Servings Per Container: 3

Servings Fer Container. 5			
Amount Per Ser	ving		
Calories 230	Ca	lories fro	m Fat 45
% Daily Value*			
Total Fat 5g			8%
Saturated Fat 1g			5%
Trans Fat 1.5g			
Cholesterol 95mg 32%			
Sodium 1010mg 42 %			
Total Carbohydrate 11g 4%			
Dietary Fiber 4g 16%			
Sugars 3g			
Sugar Alcohol 0g			
Protein 37g	-		
Vitamin A 40%	•	Vitar	nin C 8%
Calcium 4%	•		Iron 15%
* 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

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

300g

25g

375g

30g

Total Carbohydrate

Dietary Fiber

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