Margarita Chicken

Nutrition Facts

Serving Size: 1 Chicken Breast (0.0g) Servings Per Container: 3

Amount Per Ser	ving		
Calories 190	Ca	lories fro	m Fat 35
		% Dai	ly Value*
Total Fat 4g			6%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 110mg 37%			
Sodium 115mg			5%
Total Carbohydrate <1g 0%			
Dietary Fiber 0g 0%			
Sugars 0g			
Sugar Alcoho	l 0g		
Protein 34g			
Vitamin A 40/		\/item	nin C 00/
Vitamin A 4%	•	vitar	nin C 2%
Calcium 0%	•		Iron 4%
* 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

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

25g

30g

Dietary Fiber

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