Seared and Smothered Medallions Chicken Gluten Free

Nutrition Facts

Serving Size: 1/3 Entree (0.0g)
Servings Per Container: 3

Amount Per Serving

Calories 220	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11**%
Saturated Fat 1g	**5**%
Trans Fat 1.5g	
Cholesterol 95mg	**32**%
Sodium 690mg	**29**%
Total Carbohydrate 4g	**1**%
Dietary Fiber <1g	**3**%
Sugars <1g	
Sugar Alcohol 0g	
Protein 34g	

Vitamin A 0%	•	Vitamin C 4%
Calcium 2%	•	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
Dietary Fiber		25g	30g

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