

Baked Honey Mustard Chicken Thigh Meat

Nutrition Facts

Serving Size: 1/3 Chicken and Sauce
(0.0g)

Servings Per Container: 3

Amount Per Serving

Calories 280 Calories from Fat 70

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 125mg **42%**

Sodium 950mg **40%**

Total Carbohydrate 20g **7%**

Dietary Fiber 0g **0%**

Sugars 18g

Sugar Alcohol 0g

Protein 31g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • 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

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