

Chicken Parmesan

Nutrition Facts

Serving Size: 1/3 Package (0.0g)

Servings Per Container: 3

Amount Per Serving

Calories 430 Calories from Fat 200

% Daily Value*

Total Fat 23g **35%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 1480mg **62%**

Total Carbohydrate 32g **11%**

Dietary Fiber 3g **12%**

Sugars 8g

Sugar Alcohol 0g

Protein 29g

Vitamin A 15% • Vitamin C 20%

Calcium 30% • 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