

Chicken, Roasted Elementary

INGREDIENTS: Chicken, kosher salt, black pepper.

Nutrition Facts

Serving Size 4-6 oz (76g)
Servings Per Container

Amount Per Serving

Calories 180 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

 Saturated Fat 3g **15%**

 Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 460mg **19%**

Total Carbohydrate 0g **0%**

 Dietary Fiber 0g **0%**

 Sugars 0g

Protein 21g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 6%

*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
Saturated 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4