Chicken, Italian Baked Breasts

VYDATA SYSTEMS

Recipe ID # 51727

Recipe Nutritional data is based on ingredient and quality information provided to us by the manufacturers of the ingredients. We makes no representation or warranties, expressed or implied, as to the data provided by the manufacturer. Actual portion sizes sometimes vary which effect the nutritional values represented in this Nutritional Statement. This statement provides information about food and human nutrition. The statement is not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting a licensed health professional.

Nutrition Facts

Serving Size 1 orders

Servings Per Container 18

Amount Per Serving

Calories 1,130 **Calories from Fat** 699

	% Daily Value *
Total Fat 78g	**119%**
Saturated Fat 16g	**82%**
Cholesterol 219mg	**73%**
Sodium 4019mg	**167%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 1g	**5%**
Sugars 7g	
Protein 73g	

Vitamin A 23% * Vitamin C 6%

Calcium 7% * Iron 24%

* 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

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4