

Grilled Chicken Breast

Nutrition Facts

Serving Size 4 ounces (97g)

Servings Per Container 1

Amount Per Serving

Calories 210 **Calories from Fat 100**

% Daily Value*

Total Fat 11g 16%

Saturated Fat 1.5g 7%

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 6g

Cholesterol 70mg 23%

Sodium 85mg 4%

Potassium 230mg 7%

Total Carbohydrate less than 1g 0%

Dietary Fiber 0g 1%

Sugars 0g

Protein 26g

Vitamin A 4% • Vitamin C 6%

Calcium 2% • Iron 6%

Thiamin 4% • Riboflavin 6%

Niacin 60% • Vitamin B6 25%

Folacin 2% • Vitamin B12 4%

Phosphorus 20% • Zinc 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	2,600
Total Fat	Less than	66g	80g	
Sat Fat	Less than	20g	26g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		26g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4