

Basil Grilled Chicken

Number of Servings: 1 (143.79 g per serving)

Ingredient	Comments
Flour, all purpose, bleached, enrich	
Salt, table	
Spice, garlic, pwd	
Spice, mustard seed, ground	
Spice, pepper, white	
Spice, paprika	
Herb, basil, dried	
Cheese, parmesan, grated	
Chicken, broiler/fryer, breast, w/o skin, raw	
Arrezio Pesto Sauce	Contains: Pine Nuts
Oil, olive, salad or cooking	

Nutrition Facts	
Serving Size 1 Breast (144g)	
Servings Per Container	
Amount Per Serving	
Calories 300	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 3.5g	18%
Cholesterol 70mg	23%
Sodium 380mg	16%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 30g	
Vitamin A 8%	• Vitamin C 4%
Calcium 10%	• 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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Provided by: St. Norbert College Dining Services using ESHA Food Processor 10.1 software

8/13/2007

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