

## BBQ Chicken Breast

Number of Servings: 1 (150.4 g per serving)

| Ingredient                                    | Comments |
|---|----------|
| Chicken, broiler/fryer, breast, w/o skin, raw |          |
| BBQ Sauce Sweet Baby Ray's                    |          |

| Nutrition Facts  |                             |
|--|-----------------------------|
| Serving Size 1 Chicken Breast (150g)   |                             |
| Servings Per Container   |                             |
| Amount Per Serving   |                             |
| <b>Calories 190</b>  | <b>Calories from Fat 15</b> |
| % Daily Value*   |                             |
| <b>Total Fat 1.5g</b>  | <b>2%</b>                   |
| Saturated Fat 0g   | 0%                          |
| Trans Fat 0g   |                             |
| <b>Cholesterol 65mg</b>  | <b>22%</b>                  |
| <b>Sodium 360mg</b>  | <b>15%</b>                  |
| <b>Total Carbohydrate 17g</b>  | <b>6%</b>                   |
| Dietary Fiber 0g   | 0%                          |
| Sugars 16g   |                             |
| <b>Protein 26g</b>   |                             |
| Vitamin A 0%   | • Vitamin C 8%              |
| Calcium 2%   | • Iron 4%                   |
| *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   |                             |

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