

Seasoned Chicken Breast

Ingredient	Comments
Chicken, broiler/fryer, breast, w/o skin, raw	no allergens
Secret Seasoning	
Seasoning, salt, rotisserie chicken	

Nutrition Facts	
Serving Size one fillet (87g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 660mg	28%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	
Vitamin A 0% • Vitamin C 2%	
Calcium 0% • 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	

Notes:

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