

# Chicken Parmesan Sub

## Nutrition Facts

Serving Size 1 Sandwich (189g)

Servings Per Container 1

Amount Per Serving

**Calories** 392 Calories From Fat 117

		% Daily Value*
<b>Total Fat</b>	13g	20%
Saturated Fat	4g	18%
Trans Fat	<1 g	0%
<b>Cholesterol</b>	39mg	13%
<b>Sodium</b>	1,050mg	44%
<b>Total Carbohydrate</b>	32g	11%
Dietary Fiber	2g	7%
Sugars	4g	

**Protein** 22g

Vitamin A 27% ● Vitamin C 15%

Calcium 31% ● Iron 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	2,500
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	

**Ingredients:** Chicken Tenderloin Fritter (Chicken, Water, Salt, Sodium Phosphates, Hydrolyzed Soy Protein, Egg Whites, Wheat Gluten, Whey, Breading [Enriched Wheat Flour, Corn Flour, Salt, Soybean Oil, Leavening, Disodium Inosinate, Disodium Guanylate, Modified Food Starch, Leavening, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Wheat Gluten, Egg Whites, Vegetable Oil]); Sub Roll (Wheat Flour, Malted Barley Flour, High Fructose Corn Syrup, Soybean Oil, Yeast, Salt, Wheat Gluten, Mono and Diglycerides, Monocalcium Phosphate, Sodium Stearoyl Lactylate, Calcium Propionate, Soy Lecithin, Calcium Sulfate); Marinara Sauce (Tomatoes, Extra Virgin Olive and Sunflower Oils, Salt, Seasonings, Onions, Sugar, Citric Acid); Mozzarella Cheese (Part-Skim Milk, Cheese Cultures, Salt, Enzymes, Cellulose); Parmesan Cheese (Part-Skim Milk, Cultures, Salt, Enzymes, Cellulose, Starch, Potassium Sorbate); Trans Fat-Free Frying Oil.

**Allergy Information:** Wheat, Soybeans, Milk, Eggs

