

Southwest Grilled Chicken Breast

Nutrition Facts

Serving Size 1 piece (103g)

Servings Per Container 1

Amount Per Serving

Calories 178 **Calories From Fat** 63

		% Daily Value*
Total Fat	7g	10%
Saturated Fat	1g	4%
Trans Fat	<1 g	0%
Cholesterol	65mg	22%
Sodium	617mg	26%
Total Carbohydrate	2g	1%
Dietary Fiber	1g	3%
Sugars	2g	

Protein 26g

Vitamin A 6% ● Vitamin C 2%

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	
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: Boneless Skinless Chicken Breast; Marinade (Olive Oil, Chopped Garlic, Lemon Juice, Chili Powder, Kosher Salt, Cayenne Pepper, Paprika); Picante Sauce (Crushed Tomatoes, Water, Jalapeno Peppers, Distilled Vinegar, Onions, Salt, Xanthan Gum, Dehydrated Garlic, Natural Flavoring); Fresh Cilantro.

Allergy Information: