

Nutrition Facts

Serving Size: oz (114g)

Amount Per Serving

Calories 192

Calories from Fat 57

% Daily Value*

Total Fat 6.3g

10%

Saturated Fat 1.3g

7%

Trans Fat 0g

Cholesterol 37mg

12%

Sodium 431mg

18%

Potassium 229mg

7%

Total Carbohydrates 17g

6%

Dietary Fiber 1.1g

4%

Sugars 1.2g

Protein 16g

Vitamin A

11%

Vitamin C

6%

Calcium

5%

Iron

9%

* Percent Daily Values are based on a 2000 calorie diet.

Chicken

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