



Chicken Sandwich Melts

Nutrition Facts

Serving Size 2 pieces (119g/4.2 oz)

Servings per Container about 5

Amount per Serving

Calories 290 **Calories from Fat** 130

		% Daily Value*
Total Fat	14g	22%
Saturated Fat	5g	25%
Cholesterol	35mg	12%
Sodium	910mg	38%
Total Carbohydrate	22g	7%
Dietary Fiber	1g	4%
Sugars	1g	
Protein	18g	36%

Vitamin A 4% • Vitamin C 2% • Calcium 25% • Iron 10%

*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
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4