

903278-IPP Chicken Parm Hero

Number of Servings: 1 (212.62 g per serving)

Weight: 212.62 g

Nutrition Facts	
Serving Size (213g)	
Servings Per Container	
Amount Per Serving	
Calories 470	Calories from Fat 180
% Daily Value*	
Total Fat 21g	32%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 1190mg	50%
Total Carbohydrate 47g	16%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 25g	
Vitamin A 2%	• Vitamin C 0%
Calcium 15%	• Iron 25%
*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

Ingredients:

Chicken Tenders (Chicken, Water, Whole Wheat Flour, Isolated Soy Protein, Dextrose, Extractives Of Paprika And Annatto, Garlic Powder, Natural Flavor, Salt, Spice Extractives {Including Extractives Of Celery Seed}, Spices {Including Celery Seed}), Roll (Water, Whole Wheat Flour, Enriched Wheat Flour {Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid}, Base {Salt, Soybean Oil, Dextrose, Sugar, Defatted Soy Flour, Mono- Diglycerides, Calcium, Stearoyl Lactylate, Potassium Iodate, Soy Lecithin, Ascorbic Acid [Vitamin C], Enriched Wheat Flour, L-Cysteine Hydrochloride, Enzymes [Wheat]}, Corn Meal, Soybean Oil, Wheat Gluten, Yeast), Tomato Sauce (Tomato Concentrate (Water, Organic Tomato Paste), Salt, Evaporated Cane Sugar, Spice Blend {Mirepoix Powder [Organic Maltodextrin, Organic Onion, Salt, Organic Garlic, Organic Celery], Organic Basil, Organic Oregano, Organic Garlic, Organic Parsley, Baking Soda}, Organic Olive Oil, Citric Acid), Provolone Cheese Pasteurized milk, cheese culture, salt, enzymes.

Allergens:

Contains Milk, Soy, Wheat.

Notes:

Breaded Chicken Parmesan-Style Hero