

Nutrition Facts

Serving size 1/2 chicken breast

Amount Per Serving

Calories **160**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1.3g **7%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 360 mg **16%**

Total Carbohydrate 7g **3%**

Dietary Fiber 1g **4%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 19g **38%**

Vitamin D 0mcg **0%**

Calcium 19mg **2%**

Iron 0.8mg **4%**

Potassium 228mg **4%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.