

Date: 1/25/2024

Time: 11:04 AM



Side, Chicken

NAMA



Author

Categories

Tools

Locations

Plate/Store

Prep

Yield 1 ea

Cook

Portion 1 ea

Finish

Num Portions 1

Shelf

Nutrition Facts

Serving Size 1.00 ea

Servings Per Container 1

Amount Per Serving

Calories 160 **Calories From Fat** 60

% Daily Value

Total Fat 7g 10%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 106mg 35%

Sodium 106mg 4%

Total Carbohydrates 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 22g

Vitamin A 0% **Vitamin C** 0%

Calcium 0% **Iron** 4%

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

Nutrition Descriptors

Sugar Free

Low Sodium

High in Protein