

Toms T. Marinated Chicken Platter

10/14/2008

Nutrition Facts			
Serving Size (580g) Servings Per Container			
Amount Per Serving			
Calories 570	Calories from Fat 140		
% Daily Value*			
Total Fat 15g	23%		
Saturated Fat 2.5g	13%		
Trans Fat 0g			
Cholesterol 80mg	27%		
Sodium 700mg	29%		
Total Carbohydrate 66g	22%		
Dietary Fiber 8g	32%		
Sugars 5g			
Protein 42g			
Vitamin A 80%	• Vitamin C 210%		
Calcium 15%	• Iron 35%		
*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

8 ounces vegetables = 2 servings of vegetables based on AZ Smart Choice Guidelines Cajun Marinade Recipe includes spices/oil/chicken averaged over 24 servings.