

Chicken Parmesan

Breaded chicken topped with marinara, parmesan, and mozzarella, served with linguini marinara and broccoli.



WIMS #: 26588

Allergens: eggs, milk, sesame, soy

Chicken Parmesan Dinner	
Nutrition Facts	
1 servings per container	
Serving size	1 meal (340 g)
Amount per serving	
Calories	
	510
	% Daily Value*
Total Fat 21g	27%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 450mg	20%
Total Carbohydrate 52g	19%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 4g Added Sugars	8%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 223mg	15%
Iron 4mg	20%
Potassium 970mg	21%
* 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.	
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