

Grilled Chicken Sandwich - no sauce

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield	1	ea	Prep
Portion	1	servings	Cook
Num Portions	1		Finish
			Shelf

Nutrition Facts	
Serving Size 1 servings	
Servings Per Container 1	
Amount Per Serving	
Calories 336 Calories From Fat 71	
% Daily Value	
Total Fat 8g	12%
Saturated Fat 2g	11%
Cholesterol 80mg	27%
Sodium 362mg	15%
Total Carbohydrates 33g	11%
Dietary Fiber 2g	7%
Protein 25g	
Vitamin A 9%	Vitamin C 17%
Calcium 4%	Iron 84%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

High in Iron
High in Protein
Good Source of Vitamin C
Good Source of Carbohydrates