

PARMESAN CHICKEN ON BUN #001692

Ingredients

25 Grilled chicken breast
 25 hamburger buns
 25-1/4oz Shredded Parm Cheese

Makes: 25
Prep Time:
Cooking Time:
Provides: 2M/MA 2G

Image



Nutrition Facts

C Chicken Parm on bun 18-19	
Nutrition Facts	
Serving Size: Sandwiches	
Serving per Container: 1	
Amount Per Serving	
Calories: 349	Calories from Fat 131
	% Daily Value*
Total Fat 14.6g	22%
Saturated Fat 3.8g	19%
Trans Fat 0.0g	
Cholesterol 66mg	22%
Sodium 647mg	27%
Total Carbohydrate 25.7g	9%
Dietary Fiber 1.9g	8%
Protein 26.6g	54%
Vitamin A 12%	Vitamin C 0%
Calcium 33%	Iron 15%
*Percent Daily Values are provided for informational purposes only, not for monitoring purposes.	
* - Percent Daily Values are based on a 2,000 calorie diet.	
"N/A" - denotes a nutrient that is either missing or incomplete for an individual ingredient.	

Possible Allergens or Sensitivites

		Yes	No	Comments
1.	Contains Egg		X	
2.	Contains Dairy	X		
3.	Contains Nuts		X	
4.	Contains Pork		X	
5.	Contains Gluten	X		g/f bread can be substituted
6.	Contains Soy	X		
7.	Vegetarian		X	