Lemon Dijon Chicken
University of Illinois

Yield 15 ea
Portion 1 ea
Num Portions 15

Nutrition Facts
Serving Size 1 ea
Servings Per Container 15

Amount Per Serving
Calories 772 Calories From Fat 343
% Daily Value
Total Fat 38g 57%
Saturated Fat 19g 87%
Trans Fat 0g
Cholesterol 262mg 87%
Sodium 652mg 27%
Total Carbohydrates 30g 10%
Dietary Fiber 4g 16%
Protein 69g
Vitamin A 17% Vitamin C 54%
Calcium 8% Iron 22%
* Percent Daily Values are based on a 2000 calorie diet.

Ingredients
fresh 8oz chicken breast, Lemon Dijon Butter (cream cheese, unsalted butter, Dijon mustard, peeled shallots, kosher salt)

Contains: Milk, Soy

The following items are not included in the label data
Ingredient
Chicken Brine
non-stick oil spray, vegetable oil

Reason
No quantity specified
No quantity specified