Chicken BLT
University of Illinois

Author

Categories Sandwich, Week 1

Tools

Yield 50 ea
Portion 1 ea
Num Portions 50

Nutrition Facts

Serving Size 1 ea
Servings Per Container 50

Amount Per Serving

Calories 587 Calories From Fat 402

Total Fat 45g 67%
Saturated Fat 13g 58%
Trans Fat 0g

Cholesterol 130mg 43%
Sodium 1287mg 54%

Total Carbohydrates 5g 2%
Dietary Fiber 0g 2%

Protein 41g

Vitamin A 4% Vitamin C 3%
Calcium 1% Iron 8%

* Percent Daily Values are based on a 2000 calorie diet.