

Chicken Torta

Nutrition Facts

Serving Size 379 grams
Amount Per Serving

Calories 652 Calories from fat 281

		% Daily Values
Total Fat	31gm	48%
Saturated Fat	14gm	68%
Polyunsaturated Fat	7gm	
Monounsaturated Fat	8gm	
Cholesterol	75mg	25%
Sodium	790mg	33%
Potassium:	840mg	24%
Total Carbohydrates	58gm	19%
Dietary Fiber	6gm	24%
Sugars	10gm	
Protein	37gm	

Vitamin A:	60%	Vitamin C:	35%
Calcium:	8%	Iron:	25%
Thiamin:	30%	Riboflavin:	25%
Niacin	80%	Vitamin B-6:	35%
Folate:	203%	Vitamin B-12:	6%
Phosphorus:	35%	Zinc:	20%

Ingredients:

Chicken Brst Tenders Unbrd Raw, Hoagie Rolls 6", Fresh Roma Tomato, Fresh Avocados, Sour Cream, Fresh Romaine Lettuce, Mayonnaise

Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375g
Sodium	Less Than	2400mg	3000g
Total Carbs		300g	375g
Dietary Fiber		25g	31g

Disclaimer

The nutritional information listed on our website is provided solely for the purpose of giving you as much information as possible regarding the nutritional information of this item. While we have taken extreme care in compiling the information, the basic food item data comes from the USDA as well as various manufacturers, and therefore the information is approximate and may vary based on individual preparation and or serving. If you are following a strict diet for medical or dietary reason, it is important to contact your physician.