

JCC CAMPS AT MEDFORD

NUTRITIONAL INFORMATION –CHICKEN CUTLETS

Of TOV Chicken Breast Cutlets

Nutrition Facts

Serving Size: 1 Cutlet

Calories: 230

Calories from Fat: 100

Total Fat: 11g

Saturated Fat: 3g

Cholesterol: 20mg

Sodium: 400mg

Total Carbohydrate: 18g

Protein: 13g

Ingredients: Chicken breast cutlet: chicken breast, water, chicken breast fat, bread crumbs, oil, salt, textured soy, protein, potato starch, isolated soy protein, powdered cellulose, sodium phosphate, spices, onion powder, garlic, celery powder.