

MEDITERRANEAN GRILLED CHICKEN

	OZ	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT FAT	TRANS FAT/ SLICE	CHOLESTERAL MG	SODIUM MG	TOTAL CARBS 1 SLICE G	DIETARY FIBER G	SUGARS G	PROTEIN G	VITAMIN A %	VITAMIN C %	CALCIUM MG	IRON MG
3" BRIOCHE BUN	1.1	100	35	1.5	1	0	0	140	15	1	3	3	0	0	30	0.4
GRILLED CHICKEN BREAST	2.8	110	2.5	5	1	0	60	260	1	0	0	21	0	0	3.1	0
LETTUCE	0.025	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOMATO	0.1	3.3	0	0	0	0	0	0	1.26	0	0.021	0	0	1.05	0	0
PICKLES	0.0	1.25	0	0	0	0	0	65	0.25	0	0	0	0	0	0	0
ONIONS	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
GARLIC SAUCE	0.03	100	99	11	1.5	0	10	75	0	0	0	0	0	0	0	0
TOTAL	4	314.55	136.5	17.5	3.5	0	70	540	17.51	1	3.021	24	0.0415	1.05	33.1	0.4