



GRILLED CHICKEN W/ FRUIT SALSA

Nutrition Facts Report
Source: Custom

Yield: 4 (1.000 item(s))
No. Ingredients: 11

Category: Basic Food
Manufacturer: (None)

Ingredients

- 2.000 item Kiwi
- 1.000 c. Strawberries
- 1.000 c. Mango
- 1.000 t. CILANTRO-RAW
- 2.000 T. Onions, Chopped
- 1.000 T. Olive Oil
- 2.000 T. ROLAND FOODS French Wine Vinegar, Red w/ Raspberry
- 0.250 t. Ground Black Pepper
- 4.000 item Chicken Breast, Meat Only, Raw
- 4.000 item Cobblestone Mill Seeded Sandwich Bun
- 4.000 pc. Butterhead, Boston or Bibb Lettuce

Nutrition Facts

Serving Size 1.00 item(s) (439g)

Amount Per Serving

Calories	554	Calories from Fat	97
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% Daily Value

Total Fat	10.7g		17 %
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Saturated Fat	2.3g		11 %
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Trans Fat	0.1g		
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Cholesterol	136.9mg		46 %
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Sodium	506.4mg		21 %
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Total Carbohydrate	50.1g		17 %
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Dietary Fiber	3.8g		15 %
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Sugars	17.6g		
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Protein	63.5g		
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Vitamin A	14 %	Calcium	11 %
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Vitamin C	119 %	Iron	22 %
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Instructions