

NUTRITIONAL FACTS

THE KANSAS CITY STEAK COMPANY

8 (7oz) Boneless Skinless Chicken Breasts

Nutrition Facts	
Serving Size 1 BREAST (196g)	
Servings Per Container 4	
Amount Per Serving	
Calories 180	Calories From Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat .5g	2%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 840mg	35%
Total Carb 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 37g	
Vitamin A 0%	* Vitamin C 4%
Calcium 2%	* Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat. Fat	Less than 20g 25g
Cholest	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

KEEP FROZEN

CONTAINS UP TO 1% OF A SOLUTION OF WATER, SALT, SODIUM CITRATE AND POTASSIUM PHOSPHATE