

Rastelli's Italian Style Breaded Chicken Cutlet

Nutrition Facts	
4 servings per container	
Serving size 1 cutlet (142g/5oz)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 90mg	30%
Sodium 310mg	13%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 29g	58%
Vitamin D 0.5mcg	2%
Calcium 50mg	4%
Iron 1.1mg	6%
Potassium 270mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Chicken, Bread Crumbs (Panko [Bleached Wheat Flour, Dextrose, Yeast, and Salt]), Parmesan Cheese [(Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Modified Food Starch, Powdered Cellulose Added to Prevent Caking, Potassium Sorbate Added to Protect Flavor], Unbleached Flour [Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Parsley, Salt, Black Pepper, Eggs (Citric Acid)

CONTAINS:
Egg, Milk, Wheat