

Nutrition Facts

Serving Size 1 Piece (196g)

24 Servings Per Container

Amount Per Serving

Calories430

	Daily Value % *
Total Fat 26g	40%
Saturated Fat 8g	
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 780mg	33%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 2g	
Protein 32g	
Vitamin A	6%
Vitamin C 0mg	0%
Calcium 180mg	20%
Iron 3mg	15%

*The % Daily Value 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.

Ingredients

Chicken breast with rib meat (marinated up to 8% with a solution of water, rice starch, roasted chicken, sodium phosphate, salt, sugar, natural flavors), pasteurized process swiss and american cheese (swiss cheese [cultured milk and skim milk, salt, enzymes], american cheese [cultured milk and skim milk, salt, enzymes], cream, sodium phosphate, salt), enriched bleached wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), cooked ham with natural juices (cured with water, salt, contains 2% or less of: dextrose, vinegar, sugar, sodium phosphate, sodium erythorbate, sodium nitrite), water, contains 2% or less of: yellow corn flour, salt, whey, dextrose, buttermilk blend (buttermilk, whey solids), natural flavors, vegetable oil, spices, romano and parmesan cheeses (pasteurized cow's milk, cheese cultures, salt, sorbic acid [preservative], enzymes), yeast, oleoresin paprika and annatto extract (color), leavening (monocalcium phosphate, sodium bicarbonate), extractives of turmeric and paprika. prebrowned in vegetable oil.