

# Nutrition Facts

Oven Chicken

Serving size: 1 Meal

[79/18/3]

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<b>Calories</b>	<b>40.6</b>
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<b>Total Fat</b>	<b>0.9g</b>
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Saturated Fat	0.2g
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Polysaturated Fat	0.2g
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Monosaturated Fat	0.3g
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<b>Cholestrol</b>	<b>19.6mg</b>
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<b>Sodium</b>	<b>17.1mg</b>
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<b>Potassium</b>	<b>58.8mg</b>
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<b>Total Carbohydrates</b>	<b>0.3g</b>
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Dietary Fiber	0g
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Sugar	0g
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<b>Protein</b>	<b>8.9g</b>
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## Quantities in this meal:

\*23 grams of Chicken Breast

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