

# Metro Port-A-Pit Chicken Nutritional Information



Our Chicken is not only delicious, it is nutritious. It is hard to believe something so tasty can be just so good for you too! Normally unique flavors, special treats and anything that makes your mouth water, just in anticipation, requires a few extra hours on the treadmill! We are proud to say our hormone free, low calorie, no gluten chicken will allow you room for dessert also.

**Enjoy!**

## Nutritional Analysis

Serving Size: One Half Port-A-Pit Chicken (approximately 18 oz. raw weight)

<b>LABEL ANALYTES</b>		<b>ANALYTICAL DATA PER SERVING*</b>	<b>ROUNDED DATA PER SERVING</b>	<b>% DAILY VALUE</b>
Calories		238.7	240	
Calories from Fat		129.3	130	
Total Fat	(g)	14.37	14	22
Saturated Fat	(g)	4.15	4.0	20
Trans Fat	(g)	0	0	
Cholesterol	(mg)	126	125	42
Sodium	(mg)	550	550	23
Total Carbohydrate	(g)	< 0.1	0	0
Dietary Fiber	(g)	0.72	< 1	0
Sugars	(g)	< 0.10	0	
Protein (F=6.25)	(g)	27.35	27	
Vitamin A	(IU)	< 5		
Vitamin C	(mg)	< 1.0		
Calcium	(mg)	31.2		4
Iron	(mg)	1.7		10

\* Actual results may vary

The sauce does NOT contain any Mono Sodium Glutamate, Gluten, Wheat, Soy, Eggs, Dairy Products, or Peanuts. Diabetics should please note that the sauce does contain sugar or certain derivatives thereof.

## Food Product Discloser Statement:

The ingredients in the sauce are closely guarded. We must do this in order to protect and maintain the consistency and uniqueness of our products. Although we are sensitive to those individuals with food allergies, in order to protect this uniqueness, we can disclose only limited information regarding items that are not in the sauce. If you are allergic to any food item or spice that you believe may be in the secret sauce we would suggest that you please refrain from eating our products.