

# Nutrition Facts

Aldo's Chicken Tenders

## Amount Per Serving

**Calories** 433.6

Calories from Fat 216.8

## % Daily Value\*

**Total Fat** 24.8g **38%**

Saturated Fat 3.9g **19%**

*Trans* Fat 0g

**Cholesterol** 54.2mg **18%**

**Sodium** 929.1mg **39%**

**Total Carbohydrates** 29.4g **10%**

Dietary Fiber 1.6g **6%**

Sugars 0g

**Protein** 24.8g

Vitamin A **0%**

Vitamin C **0%**

Calcium **0%**

Iron **9%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.