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## Pesto Chicken

Lancer Management

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### Categories

Tools

Locations

Plate

			<b>Prep</b>
<b>Yield</b>	1	Sandwich	<b>Cook</b>
<b>Portion</b>	1	ea	<b>Finish</b>
<b>Num Portions</b>	1		<b>Shelf</b>

Nutrition Facts	
Serving Size 1 ea	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 707</b>	Calories From Fat 313
% Daily Value	
<b>Total Fat</b> 35g	52%
Saturated Fat 12g	54%
Trans Fat 1g	
<b>Cholesterol</b> 128mg	43%
<b>Sodium</b> 1229mg	51%
<b>Total Carbohydrates</b> 52g	17%
Dietary Fiber 3g	13%
<b>Protein</b> 42g	
Vitamin A 18%	Vitamin C 12%
Calcium 44%	Iron 22%

\* Percent Daily Values are based on a 2000 calorie diet.

### Nutrition Descriptors

High in Calcium  
High in Iron  
High in Protein  
Good Source of Vitamin A  
Good Source of Vitamin C  
Good Source of Potassium  
Good Source of Carbohydrates  
Good Source of Fiber

### Ingredients

mayonnaise, boneless skinless chicken breasts, sourdough bread, provolone cheese, BELL RED PLD FIRE RSTD PEPPER, roasted garlic, lemon juice, fresh basil, pesto, Beyond, fresh chives, tabasco sauce, ground white pepper, dried parsley

Contains: Eggs, Soy