

Buffalo Chicken

One (1) – 17 oz. serving

NUTRITIONAL INFORMATION

Per Serving / 17 oz.

Calories 690 **Calories from Fat** 350

	Amount	% Daily Value
Total Fat	39g	60%
Saturated Fat	7g	35%
Trans Fat	1g	
Polyunsaturated Fat	28g	
Monounsaturated Fat	10g	
Cholesterol	225mg	75%
Sodium	2380mg	99%
Total Carbohydrate	21g	7%
Dietary Fiber	3g	13%
Sugars	2g	
Protein	62g	123%
Vitamin A		25%
Vitamin C		35%
Calcium		10%
Iron		25%

**Percent Daily Values are based on a 2,000 calorie diet*

Ingredients (per menu item)	Cal	Fat	Carbs
2 oz. Blue Cheese Dressing	269.9	29.0g	2.6g
2 oz. Celery (sticks)	10.3	0.0g	2.6g
1 pinch Parsley (chopped)	0.0	0.0g	0.0g
3 fl oz. Wing Sauce	3.3	0.1g	0.6g
3 tbsp. Seasoned Chicken Flour	72.7	0.5g	15.2g
5 oz. Chicken Breast	161.6	3.7g	0.0g
5 oz. Chicken Thigh	168.7	5.5g	0.0g

S A U L G O O D

Restaurant & Pub