

Double Lemon Herb Chicken

Nutrition Facts	
Serving Size 1 serving	
Amount Per Serving	
Calories 430.2	
Calories from Fat 202.3	
Total Fat 22.5 g	
Saturated Fat 5.9 g	
Trans Fat 1.4 g	
Cholesterol 223.0 mg	
Sodium 1192.2 mg	
Total Carbohydrates 2.8 g	
Dietary Fiber 0.0 g	
Sugars 0.0 g	
Protein 51.7 g	% Daily Value*
Vitamin A	7.0%
Vitamin C	3.0%
Calcium	1.0%
Iron	13.0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Allergens: soy, milk	

Nutrition content does not include condiments, dipping sauces or optional accompaniments. Side item and cheese toast, unless specified, are not included in analysis. The nutritional and allergen information disseminated by Sizzler USA Restaurants, Inc. was prepared by Nutritional Information Services (www.nistn.com). The data contained herein was compiled from nutritional information and ingredient and allergen listings provided by our suppliers and distributors, and by an analysis generated using a software analysis program. NIS is the guarantor for the information provided. Sizzler USA Restaurants, Inc. and NIS assume no responsibility for errors in labeling or changes in the chemical or constituent composition of ingredients or prepared products used in Sizzler's recipes and menu items that are the direct or indirect result of the actions or inactions of the suppliers, distributors, and purveyors of said ingredients and products. The information within this guide is meant to provide a general estimate of the nutritional values associated with our menu items. The actual nutritional values may vary from the values listed due to variations in portion size(s), product preparation, and/or substitution of ingredients. The nutritional and allergen information provided is based upon the recipes being used at the time the guide was produced. Recipes and menu items may be revised or changed from time to time, which affects the nutritional values. In addition, testing of new recipes for existing products may be conducted from time to time in certain markets. These new recipes may contain different / additional ingredients, including allergens, as compared to the original version. Some Sizzler locations may serve menu items which are not listed within this guide. Sizzler cannot guarantee that the nutritional information provided is completely accurate as it relates to the prepared menu items. If you have any questions or concerns about this nutritional and allergen information, or if you are sensitive to specific ingredients, please send us an email through the Contact Us page at www.sizzler.com.

Lunch Lemon Herb Chicken

Nutrition Facts	
Serving Size 1 serving	
Amount Per Serving	
Calories 215.1	
Calories from Fat 101.1	
Total Fat 11.2 g	
Saturated Fat 3.0 g	
Trans Fat 0.7 g	
Cholesterol 111.5 mg	
Sodium 596.1 mg	
Total Carbohydrates 1.4 g	
Dietary Fiber 0.0 g	
Sugars 0.0 g	
Protein 25.9 g	% Daily Value*
Vitamin A	4.0%
Vitamin C	2.0%
Calcium	1.0%
Iron	6.0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Allergens: soy, milk	

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