

Nutrition Facts

Serving size 1/2 of chicken and vegetable mixture

Amount Per Serving

Calories **480**

% Daily Value*

Total Fat 13g	17%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 4.8g	
Monounsaturated Fat 3.8g	
Cholesterol 155mg	52%
Sodium 710mg	31%
Total Carbohydrate 44g	16%
Dietary Fiber 7g	25%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 44g	88%
Vitamin D 0.5mcg	2%
Calcium 142mg	10%
Iron 5.4mg	30%
Potassium 1089mg	25%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.