

# Nutrition Facts

4 servings per container

1 cup veg 1  
chicken thigh or 1/2  
chicken breast

Serving size

Amount Per Serving

**Calories**

**370**

% Daily Value\*

<b>Total Fat</b> 19g	<b>24%</b>
Saturated Fat 4g	<b>20%</b>
<i>Trans</i> Fat 0.1g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 10g	
<b>Cholesterol</b> 165mg	<b>55%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes < 1g Added Sugars	<b>2%</b>
Sugar Alcohol 0g	
<b>Protein</b> 38g	<b>76%</b>
Vitamin D 0.3mcg	2%
Calcium 86mg	6%
Iron 3mg	15%
Potassium 741mg	15%

\*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.