

Chicken Tenders with Peas & Mushrooms

Nutrition Facts

Serving Size: 12 oz (340g)
Servings Per Container: 1

Amount Per Serving

Calories 460 Calories from Fat 210

% Daily Value*

Total Fat 23g	35%
Saturated Fat 4.5g	23%
Trans Fat 3g	
Cholesterol 45mg	15%
Sodium 970mg	40%
Total Carbohydrate 36g	12%
Dietary Fiber 8g	32%
Sugars 8g	

Protein 25g

Vitamin A 20%	•	Vitamin C 70%
Calcium 8%	•	Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: CHICKEN, PEAS, MUSHROOMS, CABERNET SAUVIGNON, SCALLIONS, EXTRA VIRGIN OLIVE OIL, KOSHER SALT, GARLIC, NUTMEG, BLACK PEPPER, THYME, CINNAMON

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