

Chicken Tenders & Eggplant Rounds

Nutrition Facts

Serving Size: 12 oz (340g)

Servings Per Container: 1

Amount Per Serving

Calories 390 Calories from Fat 200

% Daily Value*

Total Fat 22g **34%**

Saturated Fat 4.5g **23%**

Trans Fat 3g

Cholesterol 45mg **15%**

Sodium 980mg **41%**

Total Carbohydrate 30g **10%**

Dietary Fiber 6g **24%**

Sugars 7g

Protein 19g

Vitamin A 80% • Vitamin C 100%

Calcium 8% • Iron 15%

* 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, EGGPLANT, TOMATOES, SCALLIONS, RED PEPPERS, CARROTS, OLIVE OIL, EXTRA VIRGIN, KOSHER SALT, BLACK PEPPER (GROUND, COARSE), THYME

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