

Nutrition Facts

Serving size $\frac{1}{2}$ cup chicken +
 $\frac{1}{2}$ cup vegetables

Amount Per Serving

Calories **330**

% Daily Value*

Total Fat 6g	8%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1.7g	
Monounsaturated Fat 2.1g	
Cholesterol 95mg	32%
Sodium 115mg	5%
Total Carbohydrate 26g	9%
Dietary Fiber 8g	29%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 42g	84%
Vitamin D 0.1mcg	0%
Calcium 85mg	6%
Iron 3.1mg	15%
Potassium 796mg	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.