

Pan Roasted Chicken

Chicken breast with wild mushroom sauce, served with wild rice pilaf and vegetable medley.



WIMS CODE # 220557

Allergens: Milk, soy, wheat

| Pan Roasted Chicken with Rice Pilaf And Vegetables | |
|--|------------------------|
| Nutrition Facts | |
| Serving size 1 meal (382 g) | |
| Servings per container 1 | |
| Amount per serving | |
| Calories 650 | |
| Calories from fat 160 | |
| | % Daily Value * |
| Total fat 18 g | 28% |
| Saturated fat 6 g | 30% |
| Trans fat 0 g | |
| Cholesterol 110 mg | 37% |
| Sodium 1790 mg | 75% |
| Total carbohydrates 69 g | 23% |
| Dietary fiber 4 g | 15% |
| Sugars 3 g | |
| Protein 39 g | |
| Vitamin A 30% | • Vitamin C 4% |
| Calcium 10% | • Iron 30% |
| * % Daily Values are based on a 2000 calorie diet. | |
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