

Chicken Tenders

Chicken tenders served with wild rice pilaf and medley of vegetables



WIMS CODE # 22017

Allergens: Soy, wheat

Chicken Tenders with Rice Pilaf And Vegetables	
Nutrition Facts	
Serving size 1 meal (269 g)	
Servings per container 1	
Amount per serving	
Calories 610	
Calories from fat 180	
	% Daily Value *
Total fat 21 g	32%
Saturated fat 5 g	24%
Trans fat 0 g	
Cholesterol 45 mg	15%
Sodium 1500 mg	63%
Total carbohydrates 83 g	28%
Dietary fiber 3 g	14%
Sugars 4 g	
Protein 12 g	
Vitamin A 25%	• Vitamin C 2%
Calcium 8%	• Iron 30%
* % Daily Values are based on a 2000 calorie diet.	
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