

Pan Roasted Chicken

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



WIMS #: 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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