

Panko Crusted Chicken

Crisp panko chicken breast with mixed seasonal vegetables and lemon risotto and tomato butter sauce



WIMS# 22061

Allergens: Egg, milk, wheat

Panko Crusted Chicken Breast - 3 Course Dinner	
Nutrition Facts	
1 servings per container	
Serving size	1 meal (309 g)
Amount per serving	
Calories	500
% Daily Value*	
Total Fat 31g	40%
Saturated Fat 11g	57%
Trans Fat 0g	
Cholesterol 85mg	29%
Sodium 1020mg	44%
Total Carbohydrate 38g	14%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 142mg	10%
Iron 1mg	8%
Potassium 480mg	10%

* 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.

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