

# Kosher Meal – Available by Reservation

## Chicken with Herb Orzo, Green Beans and Tomato Pepper Sauce



WIMS CODE # 27014

Allergens: eggs, milk, wheat

Roasted Chicken with Mushrooms And Carrots	
<b>Nutrition Facts</b>	
Serving size 13.0 oz (368 g)	
Servings per container 1	
Amount per serving	
<b>Calories</b> 490	
Calories from fat 70	
	<b>% Daily Value *</b>
<b>Total fat</b> 8 g	12%
Saturated fat 1.5 g	8%
Trans fat 0 g	
<b>Cholesterol</b> 75 mg	25%
<b>Sodium</b> 730 mg	30%
<b>Total carbohydrates</b> 69 g	23%
Dietary fiber 6 g	24%
Sugars 9 g	
<b>Protein</b> 38 g	
Vitamin A 60%	Vitamin C 15%
Calcium 4%	Iron 10%
* % Daily Values are based on a 2000 calorie diet.	
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