

# Chicken Kiev

Chicken breast stuffed with herb butter and served with asparagus, whipped potatoes, and natural gravy



WIMS# 35082

Allergens: Egg, Milk, Wheat

Chicken Kiev

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 meal (382 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>610</b>
% Daily Value*	
<b>Total Fat</b> 40g	<b>51%</b>
Saturated Fat 19g	<b>97%</b>
<i>Trans Fat</i> 0.5g	
<b>Cholesterol</b> 170mg	<b>56%</b>
<b>Sodium</b> 1170mg	<b>51%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 4g	<b>13%</b>
Total Sugars 3g	
<b>Protein</b> 26g	
Vitamin D 0.00mcg	0%
Calcium 104mg	9%
Iron 3.2mg	20%
Potassium 830mg	20%

\* 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.