



All Cycles

Kosher Meal – Available by Reservation Chicken with Herb Orzo, Green Beans and Tomato Pepper Sauce



WIMS# 27014

Allergens: Eggs, Milk, Wheat

Roasted Chicken with Mushrooms And Carrots	
Nutrition Facts	
Serving size 13.0 oz (368 g)	
Servings per container 1	
Amount per serving	
Calories 490	
Calories from fat 70	
	% Daily Value *
Total fat 8 g	12%
Saturated fat 1.5 g	8%
Trans fat 0 g	
Cholesterol 75 mg	25%
Sodium 730 mg	30%
Total carbohydrates 69 g	23%
Dietary fiber 6 g	24%
Sugars 9 g	
Protein 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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