



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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