



Chicken with Country Pepper Gravy

with mashed potatoes and vegetable blend



Available on these menus

- General Wellness**
- Diabetes Friendly**
- Heart Healthy**
- Low Sodium**
- Renal**

TO PLACE YOUR ORDER

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Nutrition Facts

1 servings per container
Serving size **1 MEAL**
(376.12g)

Amount per serving
Calories **500**

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 530mg **23%**

Total Carbohydrate 45g **16%**

Dietary Fiber 6g **21%**

Total Sugars 6g

Includes g of Added Sugars

Protein 15g

Vitamin D 0mcg **0%**

Calcium 63mg **4%**

Iron 1mg **6%**

Potassium 596mg **15%**

*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.

INGREDIENTS:

BREADED CHICKEN PATTY (CHICKEN BREAST WITH RIB MEAT, WATER, ISOLATED SOY PROTEIN, VEGETABLE PROTEIN PRODUCT [SOY PROTEIN CONCENTRATE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE B1, PYRIDOXINE HYDROCHLORIDE B6, RIBOFLAVIN B2, CYANOCOBALAMIN B12], TEXTURED VEGETABLE PROTEIN PRODUCT [SOY FLOUR, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE B1, PYRIDOXINE HYDROCHLORIDE B6, RIBOFLAVIN B2, CYANOCOBALAMIN B12, MAY CONTAIN CARAMEL COLOR], SALT, POTASSIUM AND SODIUM PHOSPHATES, CHICKEN BROTH. BREADED WITH WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, DEHYDRATED POTATOES, MONO AND DIGLYCERIDES, DEXTROSE, YEAST, SUGAR, SALT, SOYBEAN OIL PROCESSING AID. BATTERED WITH: WATER, [WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, POTATO FLOUR, SALT, MODIFIED CORN STARCH, LEAVENING CALCIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE, FLAVOR CONTAINS MALTODEXTRIN, SALT, NATURAL FLAVORS, HYDROLYZED CORN PROTEIN, ONION POWDER, GARLIC POWDER, YEAST EXTRACT, CHICKEN BROTH, SPICE]. SET IN VEGETABLE OIL). GRAVY (WATER, POULTRY GRAVY MIX [ENRICHED BLEACHED FLOUR {WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID}, MALTODEXTRIN, FOOD STARCH-MODIFIED, PALM OIL, SALT, AUTOLYZED YEAST EXTRACT, ONION POWDER, CORN SYRUP SOLIDS, HYDROLYZED VEGETABLE PROTEIN {CORN, SOY}, CONTAINS LESS THAN 2%: CHICKEN, CHICKEN FAT, CHICKEN BROTH, CHICKEN SKIN, SPICES, GARLIC POWDER, SODIUM CASEINATE {MILK}, DEXTROSE, SUGAR, NATURAL AND ARTIFICIAL FLAVORS, MONO- AND DIGLYCERIDES, POTASSIUM CHLORIDE, SUCCINIC ACID, COLOR ADDED, TURMERIC, CITRIC ACID, DISODIUM GUANYLATE, DISODIUM INOSINATE, GLUTAMIC ACID], DICED PEPPERS) MASHED POTATOES (MASHED POTATO GRANULES [POTATO DRY, MONO AND DIGLYCERIDES, ASCORBIC ACID VITAMIN C, CALCIUM STEAROYL-2-LACTYLATE. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT], WATER, 2% MILK, MARGARINE [LIQUID AND HYDROGENATED SOYBEAN OIL, WATER, SALT, CONTAINS LESS THAN 2% OF VEGETABLE MONO & DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE {A PRESERVATIVE}, CITRIC ACID, NATURAL & ARTIFICIAL FLAVORS, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, BETA CAROTENE {COLOR}, VITAMIN A PALMITATE ADDED) MIXED VEGETABLES (CARROTS, WHOLE KERNEL CORN, GREEN BEANS, PEAS),

CONTAINS: SOY, WHEAT, MILK