



Stir Fried Chicken

with rice pilaf, green beans and broccoli



Available on these menus

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

TO PLACE YOUR ORDER

Email: info@chef2home.com
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Nutrition Facts

1 servings per container	
Serving size	1 MEAL(447.67g)
Amount per serving	390
Calories	
<small>% Daily Value*</small>	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 490mg	21%
Total Carbohydrate 56g	20%
Dietary Fiber 8g	29%
Total Sugars 6g	
<small>Includes g of Added Sugars</small>	
Protein 27g	
Vitamin D 0mcg	0%
Calcium 74mg	6%
Iron 3mg	15%
Potassium 757mg	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:

DICED CHICKEN [BONELESS, SKINLESS DICED DARK AND WHITE CHICKEN, WATER, RICE STARCH, VINEGAR, SEASONING MALTODEXTRIN, YEAST EXTRACT, CHICKEN STOCK, SALT AND FLAVORS], STIR FRY SAUCE [STIR FRY BASE {WATER, SOY SAUCE <WATER, SOYBEANS, SALT>, SUGAR, MODIFIED CORN STARCH, RICE VINEGAR <WATER, RICE>, GARLIC, GINGER, CANOLA OIL, GINGER POWDER, CITRIC ACID, SALT SUBSTITUTE <POTASSIUM CHLORIDE, NATURAL FLAVOR>, SPICES, XANTHAN GUM, POTASSIUM SORBATE <PRESERVATIVE>, GREEN ONION, CARAMEL COLOR, PAPRIKA EXTRACT}, ORIENTAL VEGETABLE BLEND {GREEN BEANS, BROCCOLI, ONIONS, MUSHROOMS, RED PEPPERS}, WATER]], BROWN RICE PILAF (MIREPOIX [ONIONS, CELERY, CARROTS], WATER, PARBOILED LONG GRAIN BROWN RICE, 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]], BROCCOLI, GREEN BEANS.

CONTAINS: SOY