0 12352 08614 4

Chicken Parmesan Dinner

Nutrition Facts

1 serving per container

Serving size

1 pc Chicken Parm, 6oz pasta, 4oz sauce, 5oz veggies + 1 Breadstick (610g)

Amount Per Serving

Calories **980**

	% Daily Value*
Total Fat 31g	**40%**
Saturated Fat 12g	**60%**
Trans Fat 0g	
Cholesterol 200mg	**67%**
Sodium 2210mg	**96%**
Total Carbohydrate 113g	**41%**
Dietary Fiber 9g	**32%**
Total Sugars 15g	
Includes 4g Added Sugars	**8%**
Protein 60g	
Vitamin D 0.8mcg	4%
Calcium 460mg	35%
Iron 6.8mg	40%
Potassium 1430mg	30%

* 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: ROASTED SQUASH MEDLEY (ZUCCHINI, FRESH YELLOW SQUASH, RED PEPPERS, ONION, OLIVE OIL, KOSHER SALT, ITALIAN SEASONING (MARJORAM, THYME, ROSEMARY, SAVORY, SAGE, OREGANO, BASIL), GARLIC, BLACK PEPPER), MARINARA SAUCE (TOMATO PUREE (WATER, TOMATO PASTE), DICED TOMATOES IN TOMATO JUICE, CANOLA OIL, CONTAINS LESS THAN 1% OF: SALT, DEHYDRATED ONIONS, DEHYDRATED GARLIC, SPICES, CITRIC ACID), CHICKEN, SEMOLINA (WHEAT), DURUM WHEAT FLOUR. VITAMINS/MINERALS: VITAMIN B3 (NIACIN), IRON (FERROUS SULFATE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID., ENRICHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PALM OIL, SUGAR, CONTAINS 2% OR LESS OF SALT, YEAST, WHEAT GLUTEN, DEXTROSE, GUAR GUM, ETHOXYLATED MONO AND DIGLYCERIDES, WHEAT STARCH, DATEM, DEFATTED SOY FLOUR, ENZYMES, MONOGLYCERIDE, ASCORBIC ACID, AZODICARBONAMIDE, CALCIUM PEROXIDE. SPREAD: NATURAL OIL BLEND (SOYBEAN, PALM FRUIT, PALM STEARINE, PALM KERNEL AND OR CANOLA), GARLIC, WATER, SWEET CREAM BUITTERMILK, SALT, CONTAINS 2% OR LESS OF SPICE, SOY LECITHIN, MONO AND DIGLYCERIDES, ONION POWDER, POTASSIUM SORBATE, AND SODIUM BENZOATE, CITRIC ACID, NATURAL AND ARTICFICIAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE, LACTIC ACID, PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES), MOZZARELLA (CULTURED MILK, VINEGAR, MICROBIAL RENNET, SALT), EGGS, PANKO CRUMBS (WHEAT FLOUR, <2% OF SUGAR, YEAST, SOYBEAN OIL, SALT), BASIL, KOSHER SALT, GARLIC, THYME, BLACK PEPPER

CONTAINS: MILK, EGG, WHEAT, SOY

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