

# Island Chicken Teriyaki

## Keto

### Nutrition Facts

Varied servings per container

**Serving size**

**1/3 of 3-Serving Package or 1/6 of 6-Serving Package (0.0g)**

**Amount Per Serving**

**Calories**

**220**

**% Daily Value\***

**Total Fat** 4g **5%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 110mg **37%**

**Sodium** 1600mg **70%**

**Total Carbohydrate** 7g **3%**

Dietary Fiber 0g **0%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** 37g

Vitamin D 0mcg **0%**

Calcium 10mg **0%**

Iron 0.6mg **4%**

Potassium 510mg **10%**

\* 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.

SIDE ITEMS (RICE, PASTA) ARE NOT INCLUDED.

MODIFICATIONS TO THE ORIGINAL RECIPE (LOW SODIUM, INGREDIENT SUBSTITUTIONS, ETC) WILL GREATLY ALTER THESE NUTRITIONAL FACTS