

Seared and Smothered Medallions Chicken Gluten Free

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 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 110mg **37%**

Sodium 710mg **31%**

Total Carbohydrate 2g **1%**

Dietary Fiber <1g **3%**

Total Sugars <1g

Includes 0g Added Sugars **0%**

Protein 36g

Vitamin D 0.1mcg 0%

Calcium 20mg 2%

Iron 0.9mg 4%

Potassium 610mg 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.

CONTAINS: ALMOND

SIDE ITEMS (RICE, PASTA) ARE NOT INCLUDED.

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