Asian Chicken and Broccoli Stir Fry

Nutrition Facts

Serving Size: 1/3 Kit Excluding Rice (0.0g)
Servings Per Container: 3

Amount Per Serving

Calories 280	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5**%
Saturated Fat 0.5g	**3**%
Trans Fat 0g	
Cholesterol 85mg	**28**%
Sodium 1060mg	**44**%
Total Carbohydrate 34g	**11**%
Dietary Fiber 4g	**16**%
Sugars 27g	
Sugar Alcohol 0g	
Protein 30g	

Vitamin A 25%	•	Vitamin C 180%
Calcium 8%	•	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

CONTAINS: SOY

VALUES ARE FOR ENTREE AND DO NOT INCLUDE VALUES FOR SIDE ITEMS (RICE, PASTA, POTATOES, ETC).

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