## Chinese Lemon Chicken Gluten Free

## utrition Facts

Serving Size: 1/3 Entree (0.0g)

Servings Per Container: 3			
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Amount Per Serving			
Calories 580	Ca	lories fro	om Fat 40
		% Da	ily Value*
Total Fat 4.5g			<b>7</b> %
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 110mg			<b>37</b> %
Sodium 1170mg			49%
Total Carbohydrate 99g 33%			
Dietary Fiber <1g 2%			<b>2</b> %
Sugars 66g			
Sugar Alcohol 0g			
Protein 36g			
Vitamin A 0%	•	Vitam	nin C 15%
Calcium 0%	•		Iron 4%
* 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

CONTAINS: SOY

Total Carbohydrate

Dietary Fiber

Sodium

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

Less than

2,400mg 2,400mg 375g

30g

300g

25g

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