

Prepd Honey Chicken Fried Rice with Broccoli - Small

Nutrition Facts

1 serving per container

Serving size
1 meal (227g)

Calories
per serving **360**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 8g	10 %	Total Carbohydrate 40g	15 %
Saturated Fat 3g	15 %	Dietary Fiber 2g	7 %
<i>Trans</i> Fat 0g		Total Sugars 21g	
Cholesterol 130mg	43 %	Includes 19g Added Sugars	38 %
Sodium 440mg	19 %	Protein 35g	
Vitamin D 0.2mcg 2% • Calcium 30mg 2% • Iron 2.8mg 15% • Potassium 160mg 4%			

* 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: PREPD SWEET CHICKEN (GRILLED CHICKEN BREAST, HONEY, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE)), KETCHUP (TOMATO CONCENTRATE FROM RED RIPE TOMATOES, DISTILLED VINEGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, SPICE, ONION POWDER, NATURAL FLAVORING), NATURAL GARLIC, WATER, PHOSPHORIC ACID), PREPD FRIED LICE (JASMINE RICE COOKED, EGG, PEAS, CARROTS, GARLIC, VEGETABLE OIL, GREEN ONIONS, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE)), SEASME OIL(ROLANDS PURE), GINGER, KOSHER SALT, BLACK PEPPER), BROCCOLI

CONTAINS: EGG, WHEAT, SOY

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