

Chicken Piccata on Spaghetti Squash

Nutrition Facts

Serving Size: 16 oz (454g)

Servings Per Container: 1

Amount Per Serving

Calories 530 Calories from Fat 340

% Daily Value*

Total Fat 38g **58%**

Saturated Fat 18g **90%**

Trans Fat 0g

Cholesterol 140mg **47%**

Sodium 650mg **27%**

Total Carbohydrate 12g **4%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 35g

Vitamin A 25% • Vitamin C 10%

Calcium 2% • 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

INGREDIENTS: CHICKEN, SPAGHETTI SQUASH, GHEE, CHICKEN STOCK, LEMON JUICE, GRAPSEED OIL, RICE FLOUR, CAPERS, BLACK PEPPER, KOSHER SALT, CORNSTARCH, LEMON ZEST

WHAT'S FOR SUPPER, INC.
120 GREENE STREET
HUNTSVILLE, AL 35801