Teriyaki Chicken with Brown Rice and Vegetables

Nutrition Facts Serving Size: 16 oz. (454g) Servings Per Container: 1 Amount Per Serving Coloring 490 Coloring from Est 14

| Calories 480 | Calories from Fat 110 |
|--------------------|-----------------------|
| | % Daily Value* |
| Total Fat 12g | 18% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | _ |

 Cholesterol 80mg
 27%

 Sodium 320mg
 13%

 Total Carbohydrate 52g
 17%

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Dietary Fiber 5g 20%
Sugars 11g

Protein 40g

Vitamin A 70%

• Vitamin C 70%

Calcium 4%

• Iron 20%

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

INGREDIENTS: BROWN RICE, CHICKEN, RED BELL PEPPERS, CELERY, CARROTS, CASHEWS, CIDER VINEGAR, SCALLIONS, HONEY, PEAS, TAMARI, GRAPE SEED OIL, GINGER, GARLIC

CONTAINS: SOY

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