

Grilled Mango Chicken (GF)

Heating Instructions: Remove plastic lid.
Cover loosely with foil. Heat at 350° for 25-30
minutes or until warm.

Nutrition Facts

Serving Size: 6 oz (425g)

Servings Per Container: Varied

Amount per serving

Calories 590

Calories from Fat 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 145mg **48%**

Sodium 1280mg **53%**

Total Carbohydrate 66g **22%**

Dietary Fiber 4g **16%**

Sugars 21g

Protein 58g

Vitamin A 20% • Vitamin C 60%

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	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. GLUTEN FREE MANGO CHUTNEY (MANGO, APPLES LEMON JUICE, HONEY, RED PEPPERS, BROWN SUGAR, SCALLIONS, SALT, CAYENNE PEPPER), YELLOW RICE WITH SEASONING, DRY PACKET MIX UNPREPARED, CANOLA OIL, SALT, WHITE PEPPER