

Mango Chicken

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

Nutrition Facts

Serving Size: 12 oz (425g)

Servings Per Container: Varied

Amount per serving

Calories 670

Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 145mg **48%**

Sodium 1020mg **43%**

Total Carbohydrate 90g **30%**

Dietary Fiber 6g **24%**

Sugars 42g

Protein 58g

Vitamin A 30% • Vitamin C 120%

Calcium 6% • 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: MANGO CHUTNEY (MANGO, APPLES, LEMON JUICE, HONEY, RED PEPPERS, BROWN SUGAR, SCALLIONS, TONY CHACHERE'S ORIGINAL CREOLE SEASONING). CHICKEN. YELLOW RICE WITH SEASONING. DRY PACKET MIX. UNPREPARED