

Asian Chicken Stir Fry

Heating Instructions: Remove plastic lid.
Heat at 350° for 10-15 minutes or until warm.
May be warmed in microwave.

Nutrition Facts

Serving Size: 12 oz (397g)

Servings Per Container: Varied



Amount per serving

Calories 510

Calories from Fat 290



% Daily Value*

Total Fat 32g **49%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 1690mg **70%**

Total Carbohydrate 26g **9%**

Dietary Fiber 5g **20%**

Sugars 18g

Protein 34g



Vitamin A 100% • Vitamin C 180%

Calcium 10% • Iron 15%

* 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: ZUCCHINI, CHICKEN, BROCCOLI,
ONION, TAMARI (WATER, SOYBEANS, SALT,
ALCOHOL (TO PRESERVE FRESHNESS)), SESAME
OIL, SNOW PEAS, CELERY, RED PEPPERS, CARROTS,
HONEY, GARLIC
CONTAINS: SOY