

NUTRITIONAL INFORMATION - PESTO CHICKEN W/RICE

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	329 cal	436 cal	558 cal
Protein	27g	34g	46g
Fat, total	10g	11g	13g
saturated	1g	1g	1g
Carbohydrate, total	33g	49g	65g
sugars	>0.1g	>0.1g	>0.1g
Sodium	142mg	162mg	182mg

NUTRITIONAL INFORMATION - PESTO CHICKEN W/SWEET POTATO

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	291 cal	379 cal	482 cal
Protein	26g	33g	44g
Fat, total	10g	11g	13g
saturated	1g	1g	1g
Carbohydrate, total	23g	33g	44g
sugars	>0.1g	>0.1g	>0.1g
Sodium	142mg	162mg	182mg

NUTRITIONAL INFORMATION - PESTO CHICKEN W/PASTA

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	372 cal	500 cal	644 cal
Protein	32g	42g	55g
Fat, total	11g	13g	15g
saturated	1g	1g	1g
Carbohydrate, total	33g	49g	65g
sugars	2g	3g	4g
Sodium	157mg	185mg	213mg

NUTRITIONAL INFORMATION - PESTO CHICKEN W/VEGETABLES

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	226 cal	264 cal	317 cal
Protein	27g	32g	42g
Fat, total	9g	11g	12g
saturated	1g	1g	1g
Carbohydrate, total	6g	6g	6g
sugars	4g	4g	4g
Sodium	172mg	192mg	213mg