

NUTRITIONAL INFORMATION - SWEET AND SOUR CHICKEN W/RICE

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	311 cal	420 cal	545 cal
Protein	27g	34.5g	45.6g
Fat, total	1.3g	1.6g	2.2g
saturated	0.2g	0.2g	0.3g
Carbohydrate, total	48.1g	67g	86g
sugars	13g	16.3g	21g
Sodium	217mg	271mg	361

NUTRITIONAL INFORMATION - SWEET AND SOUR CHICKEN W/BROWN RICE

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	350 cal	489 cal	645 cal
Protein	28.8g	37.3g	49.3g
Fat, total	3.5g	5.7g	7.6g
saturated	0.2g	0.2g	0.3g
Carbohydrate, total	50.8g	72g	95g
sugars	13g	16.3g	21g
Sodium	221mg	277mg	369mg

NUTRITIONAL INFORMATION - SWEET AND SOUR CHICKEN W/SWEET POTATO

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	268 cal	357 cal	475 cal
Protein	26.2g	33.3g	44g
Fat, total	1.3g	1.6g	2.2g
saturated	0.2g	0.2g	0.3g
Carbohydrate, total	37.9g	52.5g	70g
sugars	13g	16.3g	21g
Sodium	217mg	271mg	361mg

NUTRITIONAL INFORMATION - SWEET AND SOUR CHICKEN W/PASTA

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	345 cal	473 cal	629 cal
Protein	31.8g	41.4g	55.2g
Fat, total	2.9g	4g	5.4g
saturated	0.2g	0.2g	0.7g
Carbohydrate, total	48.1g	67.9g	90g
sugars	13g	17.8g	24.2g
Sodium	232mg	293mg	391mg

NUTRITIONAL INFORMATION - SWEET AND SOUR CHICKEN W/VEGETABLES

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	203 cal	247 cal	320 cal
Protein	26.6g	32.7g	42.4g
Fat, total	1.3g	1.6g	2.2g
saturated	0.2g	0.2g	0.3g
Carbohydrate, total	21.4g	25.6g	32.5g
sugars	13g	19.7g	22g
Sodium	250mg	303mg	394mg