

NUTRITIONAL INFORMATION - TERIYAKI CHICKEN W/RICE				
Servings per package: 1	Servings size:			
	SMALL	MEDIUM	LARGE	
	270G	350G	400G	
	SMALL	MEDUIM	LARGE	
Energy	299 cal	391 cal	521 cal	
Protein	27.4g	34.75g	47g	
Fat, total	1.6g	1.75g	2.3g	
saturated	0.2g	0.25g	0.33g	
Carbohydrate, total	43.9g	59.1g	78.1g	
sugars	7.5g	9.37g	12.5	
Sodium	213mg	266mg	355mg	

NUTRITIONAL INFORMATION - TERIYAKI CHICKEN W/SWEET POTATO				
Servings per package: 1	Servings size:			
	SMALL	MEDIUM	LARGE	
	270G	350G	400G	
	SMALL	MEDUIM	LARGE	
Energy	236 cal	335 cal	462 cal	
Protein	26.6g	33.75	45g	
Fat, total	1.4g	1.75	2.3g	
saturated	0.2g	0.25	0.3g	
Carbohydrate, total	33.7g	46.12	61.1g	
sugars	7.5g	9.37	12.5g	
Sodium	203mg	256mg	345mg	

NUTRITIONAL INFORMATION - TERIYAKI CHICKEN W/PASTA				
Servings per package: 1	Servings size:			
	SMALL	MEDIUM	LARGE	
	270G	350G	400G	
	SMALL	MEDUIM	LARGE	
Energy	335 cal	449 cal	598 cal	
Protein	32.6g	41.75g	56g	
Fat, total	3.4g	3.7g	5.3g	
saturated	0.2g	0.25g	0.3g	
Carbohydrate, total	43.7g	62.12	81.5g	
sugars	9.7g	11.4g	15.5g	
Sodium	228.25	289mg	385mg	

NUTRITIONAL INFORMATION - TERIYAKI CHICKEN W/VEGETABLES				
Servings per package: 1	Servings size:			
	SMALL	MEDIUM	LARGE	
	270G	350G	400G	
	SMALL	MEDUIM	LARGE	
Energy	177.8 cal	223 cal	297 cal	
Protein	26.6g	34.75g	43g	
Fat, total	1.4g	1.75g	2.3g	
saturated	0.2g	0.25g	0.3g	
Carbohydrate, total	14.7g	17.1g	21.1g	
sugars	7.5g	9.4g	15.5	
Sodium	246mg	296mg	385mg	