

NUTRITIONAL INFORMATION - HONEY MUSTARD CHICKEN W/RICE

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDUIM	LARGE
Energy	290 cal	393 cal	528 cal
Protein	31g	38.5g	53g
Fat, total	2.3g	2.9g	3.9g
saturdated	0.8g	1g	1.4g
Carbohydrate, total	36.4g	53.4g	70.3g
sugars	1.2g	1.5g	1.4g
Sodium	70mg	85mg	116mg

NUTRITIONAL INFORMATION - HONEY MUSTARD CHICKEN W/BROWN RICE

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDUIM	LARGE
Energy	340 cal	458 cal	610 cal
Protein	33.7g	41.5g	56g
Fat, total	5.3g	6.9g	8.9g
saturdated	0.8g	1g	1.4g
Carbohydrate, total	39.4g	57.4g	76.5g
sugars	1.2g	1.5g	2g
Sodium	74mg	91mg	124mg

NUTRITIONAL INFORMATION - HONEY MUSTARD CHICKEN W/SWEET POTATO

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDUIM	LARGE
Energy	251 cal	326 cal	440 cal
Protein	30.7g	37.5g	51g
Fat, total	2.3g	2.9g	3.9g
saturdated	0.8g	1	1.4g
Carbohydrate, total	26.7g	37.4g	50.2g
sugars	1.2g	1.5g	2g
Sodium	70mg	85mg	116mg

NUTRITIONAL INFORMATION - HONEY MUSTARD CHICKEN W/PASTA

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDUIM	LARGE
Energy	331 cal	439 cal	581 cal
Protein	36.7g	45.5g	59g
Fat, total	4.3g	4.9g	6.9g
saturdated	0.8g	1g	1.4g
Carbohydrate, total	36.4g	53.4g	70.8g
sugars	3.2g	3.5g	2g
Sodium	85mg	108mg	146mg

NUTRITIONAL INFORMATION - HONEY MUSTARD CHICKEN W/VEGETABLES

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDUIM	LARGE
Energy	185 cal	217 cal	139 cal
Protein	30.7g	36.5g	49g
Fat, total	2.3g	2.9g	3.9g
saturdated	0.8g	1g	1.4g
Carbohydrate, total	10.4g	11.4g	13.8g
sugars	4.2g	4.5g	5g
Sodium	103mg	115mg	149mg