Heating Instructions: Remove plastic lid. Cover loosely with foil. Heat at 350° for 25-30 minutes or until warm.

SMALL ❑ MEDIUM ❑ LARGE ❑

Nutrition Facts

Serving Size: 6 oz per person (425g)
Servings Per Container: Varied

Amount Per Serving	
Calories 590	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 145mg	**48%**
Sodium 1280mg	**53%**
Total Carbohydrate 66g	**22%**
Dietary Fiber 4g	**16%**
Sugars 21g	
Protein 58g	
Vitamin A 20% •	Vitamin C 60%
Calcium 4% •	Iron 20%

* 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: CHICKEN, GLUTEN FREE MANGO CHUTNEY (MANGO, APPLES, LEMON JUICE, HONEY, RED PEPPERS, BROWN SUGAR, SCALLIONS, SALT, CAYENNE PEPPER), YELLOW RICE WITH SEASONING, DRY PACKET MIX, UNPREPARED, CANOLA OIL, SALT, WHITE PEPPER

1100 94TH AVE N ST. PETERSBURG FLORIDA 33702

Gluten Free Grilled Mango Chicken