Heating Instructions: Remove plastic lid. Heat at 350° for 10-15 minutes or until warm. May be warmed in microwave.

SMALL ❑ MEDIUM ❑ LARGE ❑

Nutrition Facts

Serving Size: 12 oz per person (397g)
Servings Per Container: Varied

Amount Per Serving	
Calories 510	Calories from Fat 290
	% Daily Value*
Total Fat 32g	**49%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 70mg	**23%**
Sodium 1690mg	**70%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 5g	**20%**
Sugars 18g	
Protein 34g	
Vitamin A 100% •	Vitamin C 180%
Calcium 10% •	Iron 15%

* 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: ZUCCHINI, CHICKEN, BROCCOLI, ONION, TAMARI (WATER, SOYBEANS, SALT, ALCOHOL (TOPRESERVE FRESHNESS)), SESAME OIL, SNOW PEAS, CELERY, RED PEPPERS, CARROTS, HONEY, GARLIC

1100 94TH AVE N ST. PETERSBURG FLORIDA 33702

Asian Chicken Stir-Fry