**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: 12 oz per person (425g)
Servings Per Container: Varied

| Amount Per Serving | |
|---|---|
| **Calories** 670 | Calories from Fat 60 |
| | **% Daily Value*** |
| **Total Fat** 7g | **11**% |
| Saturated Fat 1.5g | **8**% |
| *Trans* Fat 0g | |
| **Cholesterol** 145mg | **48**% |
| **Sodium** 1020mg | **43**% |
| **Total Carbohydrate** 90g | **30**% |
| Dietary Fiber 6g | **24**% |
| Sugars 42g | |
| **Protein** 58g | |

| | | | |
|---|---|---|---|
| Vitamin A 30% | • | Vitamin C 120% |
| Calcium 6% | • | 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: MANGO CHUTNEY (MANGO, APPLES, LEMON JUICE, HONEY, RED PEPPERS, BROWN SUGAR, SCALLIONS, TONY CHACHERE'S ORIGINAL CREOLE SEASONING), CHICKEN, YELLOW RICE WITH SEASONING, DRY PACKET MIX, UNPREPARED

1100 94TH AVE N ST. PETERSBURG FLORIDA 33702

# Mango Chicken