

HF - Chicken with Mashed Potatoes

## Nutrition Facts

Serving Size 1 Tray (283g)

Serving Per Container 1

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**Amount Per Serving**

**Calories** 200    Calories from Fat 30

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% Daily Value \*

**Total Fat** 3g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 30mg **10%**

**Sodium** 1100mg **46%**

**Total Carbohydrate** 24g **8%**

Dietary Fiber 3g **12%**

Sugars 1g

**Protein** 19g

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Vitamin A 0%    Vitamin C 0%

Calcium 2%    Iron 2%

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\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.