

Meal Mart Roasted Chicken
with Rice and vegetables

Nutrition Facts

1 servings per container

Serving size 12 oz (340g)

Amount Per Serving

Calories **510**

% Daily Value*

Total Fat 23g **29%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 100mg **33%**

Sodium 900mg **39%**

Total Carbohydrate 18g **7%**

Dietary Fiber 4g **14%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 35g

Vitamin D 0mcg **0%**

Calcium 49mg **4%**

Iron 3mg **15%**

Potassium 642mg **15%**

Vitamin A **90%**

Vitamin C **20%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.