

Asian Chicken Rice Bake

Ingredient	Comments
Rice, white, long grain, ckd	contains wheat, milk, soy
Steamed Vegetable Blend	
Diced Chicken Meat	
cream of mushroom soup, Katy's Kitchen	
Sauce, soy, naturally brewed	
Vinegar, cider	
Honey	
Spice, garlic, pwd	
Chow Mein Noodles	

Nutrition Facts	
Serving Size 3/4 cup (182g)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 240mg	10%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 17g	
Vitamin A 25%	• Vitamin C 10%
Calcium 2%	• Iron 10%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes:

10/20/2009

11:41:52 AM



