

Chicken & Wild Rice

Ingredient	Comments
Fried Chicken, broiler/fryer, thigh, w/o skin	Contains soy, wheat, fish
Wild Rice Blend Dry	
Water, tap, municipal	
SNC Chicken Base	
Water, tap, municipal	
Wine, all table types	
Spice, garlic, pwd	
Spice, pepper, white	
Sauce, worcestershire, FS	
Kitchen Bouquet	
Roux	

Nutrition Facts	
Serving Size 1 Breast, 1/2 Cup Rice (215g)	
Servings Per Container	
Amount Per Serving	
Calories 340	Calories from Fat 120
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 630mg	26%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 29g	
Vitamin A 6%	• Vitamin C 0%
Calcium 4%	• 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:

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