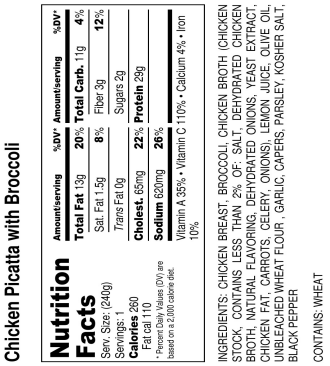
SIMPLY
FRESH. TASTY. CONVENIENT.
BY SOAC

LABEL GUIDE

Nutrition facts are located on the bottom of the item.



Chicken Picatta with Broccoli

Nutrition Facts

Serv. Size: (240g)
Servings: 1
Calories 260
Fat cal. 110
* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 13g	**20**%	**Total Carb.** 11g	**4**%
Sat. Fat 1.5g	**8**%	Fiber 3g	**12**%
Trans Fat 0g		Sugars 2g	
Cholest. 65mg	**22**%	**Protein** 29g	
Sodium 620mg	**26**%		

Vitamin A 35% • Vitamin C 110% • Calcium 4% • Iron 10%

INGREDIENTS: CHICKEN BREAST, BROCCOLI, CHICKEN BROTH (CHICKEN STOCK, CONTAINS LESS THAN 2% OF: SALT, DEHYDRATED CHICKEN BROTH, NATURAL FLAVORING, DEHYDRATED ONIONS, YEAST EXTRACT, CHICKEN FAT, CARROTS, CELERY, ONIONS), LEMON JUICE, OLIVE OIL, UNBLEACHED WHEAT FLOUR, GARLIC, CAPERS, PARSLEY, KOSHER SALT, BLACK PEPPER

CONTAINS: WHEAT

HEATING INSTRUCTIONS:
Remove lid. Microwave on high to desired temperature.

Heating instructions

$7.95

Item name

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Chicken Picatta

Easy to read nutrition categories.

ME

Carb Conscious
Fat Conscious
Protein Rich
Dairy Free

WWSP = 6

Weight Watchers Points