

Nutrition Facts

Serving Size

1.0 ea

Calories
per serving **410**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 10g	13%	Total Carb. 34g	13%
Saturated Fat 2g	11%	Fiber 6g	20%
<i>Trans Fat</i> 0g		Total Sugars 8g	
Cholesterol 5mg	1%	Incl.0g Added Sugars	0%
Sodium 530mg	23%	Protein 6g	

Vitamin D 0% · Calcium 6% · Iron 10% · Potassium 10%

Bourbon Roasted Chicken, Wild Rice, Roasted Brussels

Ingredients: chicken breast, brussel sprouts, water, gala apple, basamati rice, yellow onion, wild rice, olive oil, whole grain mustard, yellow onion, carrot, celery, olive oil, bourbon whiskey, brown sugar, unsalted butter, low sodium vegetable base, kosher salt, sriracha, wildflower honey, black pepper, lemon juice, garlic, parsley, thyme, old bay seasoning, white pepper

Contains Milk, Wheat

Nutrition Facts

Serving Size

5.0 oz (142g)

Calories
per serving **220**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 2.5g	3%	Total Carb. 6g	2%
Saturated Fat 0g	0%	Fiber 1g	2%
<i>Trans Fat</i> 0g		Total Sugars 5g	
Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
Sodium 230mg	10%	Protein 0g	

Vitamin D 0% · Calcium 0% · Iron 0% · Potassium 2%

Bourbon Roasted Chicken

Ingredients: chicken breast, gala apple, yellow onion, whole grain mustard, olive oil, bourbon whiskey, brown sugar, sriracha, wildflower honey, kosher salt, black pepper

Contains Wheat

Nutrition Facts

Serving Size
0.5 cup

Calories
per serving **100**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 1.5g	2%	Total Carb. 18g	7%
Saturated Fat 1g	4%	Fiber 1g	3%
<i>Trans Fat</i> 0g		Total Sugars 1g	
Cholesterol 5mg	1%	Incl.0g Added Sugars	0%
Sodium 110mg	5%	Protein 2g	
Vitamin D 0% · Calcium 0% · Iron 2% · Potassium 2%			

Wild Rice Pilaf

Ingredients: water, basamati rice, wild rice, yellow onion, carrot, celery, unsalted butter, low sodium vegetable base, lemon juice, garlic, kosher salt, parsley, thyme, black pepper, old bay seasoning, white pepper

Contains Milk