

Nutrition Facts

Serving Size
1.0 ea

Calories
per serving **770**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 36g	46%	Total Carb. 69g	25%
Saturated Fat 13g	63%	Fiber 3g	12%
<i>Trans Fat</i> 0g		Total Sugars 15g	
Cholesterol 150mg	49%	Incl.0g Added Sugars	0%
Sodium 550mg	24%	Protein 33g	
Vitamin D 6% · Calcium 25% · Iron 25% · Potassium 20%			

Honey & Orange Glazed Chicken, Quinoa Pilaf, & Creamed Kale

Ingredients: chicken thighs, water, kale, orange juice, milk, white quinoa, roasted red pepper, yellow onion, unsalted butter, parmesan cheese, wildflower honey, rice vinegar, flour, low sodium vegetable base, yellow onion, garlic, orange zest, lemon juice, thyme, kosher salt, black pepper, parsley, thyme, white pepper

Contains Milk, Wheat

Nutrition Facts

Serving Size

6.0 oz (170g)

Calories
per serving **450**

Amount/serving	% DV
Total Fat 30g	38%
Saturated Fat 9g	47%
<i>Trans Fat</i> 0g	
Cholesterol 150mg	51%
Sodium 240mg	11%

Amount/serving	% DV
Total Carb. 14g	5%
Fiber 1g	2%
Total Sugars 11g	
Incl.0g Added Sugars	0%
Protein 30g	

Vitamin D 2% · Calcium 4% · Iron 15% · Potassium 10%

Honey & Orange Glazed Chicken

Ingredients: chicken thighs, orange juice, wildflower honey, rice vinegar, unsalted butter, orange zest, thyme, garlic, kosher salt, black pepper

Contains Milk

Nutrition Facts

Serving Size
0.5 cup

Calories
per serving **130**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 1.5g	2%	Total Carb. 22g	8%
Saturated Fat 0g	0%	Fiber 0g	0%
<i>Trans Fat</i> 0g		Total Sugars 1g	
Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
Sodium 65mg	3%	Protein 0g	

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

Quinoa Pilaf

Ingredients: water, white quinoa, roasted red pepper, yellow onion, low sodium vegetable base, garlic, lemon juice, parsley, thyme, black pepper

Nutrition Facts

Serving Size

4.0 oz (113g)

Calories
per serving **160**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 8g	11%	Total Carb. 16g	6%
Saturated Fat 4.5g	23%	Fiber 2g	8%
<i>Trans Fat</i> 0g		Total Sugars 3g	
Cholesterol 20mg	7%	Incl.0g Added Sugars	0%
Sodium 220mg	10%	Protein 8g	
Vitamin D 4% · Calcium 20% · Iron 10% · Potassium 10%			

Creamed Kale

Ingredients: kale, milk, yellow onion, parmesan cheese, unsalted butter, flour, yellow onion, garlic, kosher salt, white pepper

Contains Milk, Wheat