

Nutrition Facts

Serving Size
1 ea

Calories
per serving **470**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 12g	16%	Total Carb. 32g	11%
Saturated Fat 1.5g	7%	Fiber 5g	19%
<i>Trans Fat</i> 0g		Total Sugars 13g	
Cholesterol 5mg	1%	Incl.0g Added Sugars	0%
Sodium 500mg	22%	Protein 53g	

Vitamin D 0% · Calcium 6% · Iron 20% · Potassium 10%

Blackberry Balsamic Chicken, Mushroom Quinoa, Sauteed Asparagus

Ingredients: chicken breast, asparagus, water, blackberries, white quinoa, balsamic vinegar, mushroom, cremini, brown sugar, yellow onion, olive oil, shallots, unsalted butter, low sodium vegetable base, garlic, kosher salt, low sodium chicken base, black pepper, lemon juice, parsley, thyme, rosemary, cinnamon, chives, bay leaf

Contains Milk

Nutrition Facts

Serving Size
5 oz (142g)

Calories
per serving **290**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 6g	8%	Total Carb. 11g	4%
Saturated Fat .5g	4%	Fiber 2g	6%
<i>Trans Fat</i> 0g		Total Sugars 9g	
Cholesterol 5mg	1%	Incl.0g Added Sugars	0%
Sodium 270mg	12%	Protein 45g	

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

Blackberry Balsamic Glazed Chicken

Ingredients: chicken breast, blackberries, water, balsamic vinegar, brown sugar, shallots, unsalted butter, low sodium chicken base, kosher salt, garlic, black pepper, cinnamon

Contains Milk

Nutrition Facts

Serving Size
1/2 cup

Calories
per serving **80**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 1g	1%	Total Carb. 14g	5%
Saturated Fat 0g	0%	Fiber 0g	0%
<i>Trans Fat</i> 0g		Total Sugars 1g	
Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
Sodium 90mg	4%	Protein 1g	
Vitamin D 0% · Calcium 0% · Iron 0% · Potassium 2%			

Mushroom Quinoa

Ingredients: water, white quinoa, mushroom, cremini, yellow onion, low sodium vegetable base, garlic, lemon juice, parsley, kosher salt, black pepper, thyme, rosemary, chives, bay leaf

Nutrition Facts

Serving Size
4 oz (113g)

Calories
per serving **70**

Amount/serving	% DV	Amount/serving	% DV
Total Fat 4g	5%	Total Carb. 6g	2%
Saturated Fat .5g	3%	Fiber 3g	11%
<i>Trans Fat</i> 0g		Total Sugars 3g	
Cholesterol 0mg	0%	Incl.0g Added Sugars	0%
Sodium 115mg	5%	Protein 3g	

Vitamin D 0% · Calcium 4% · Iron 20% · Potassium 8%

Sauteed Asparagus

Ingredients: asparagus, olive oil, kosher salt, black pepper