

Miss Olives Creole style Chicken
with Brown Rice

Nutrition Facts

1 servings per container

Serving size 1 Tray (198g)

Amount Per Serving

Calories **190**

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 370mg **16%**

Total Carbohydrate 29g **11%**

Dietary Fiber 3g **11%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 10g

Vitamin D 0mcg **0%**

Calcium 80mg **6%**

Iron 1.2mg **6%**

Potassium 540mg **10%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.