

Chicken Teriyaki With Broccoli

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Nutrition Facts

Serving Size 1 Serving

Amount Per Serving

Calories 338

% Daily Value*

Total Fat	2.4 g	3 %
Saturated Fat	0.7 g	4 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	3503 mg	152 %
Total Carbohydrate	42.4 g	15 %
Dietary Fiber	2.7 g	10 %
Total Sugars	13.2 g	
Added Sugars	10.5 g	21 %
Protein	36.7 g	
Vitamin D	0 mcg	0 %
Calcium	56.7 mg	4 %
Iron	3.2 mg	18 %
Potassium	406.7 mg	9 %

* 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.

Chicken Alfredo Pasta

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Nutrition Facts

Serving Size 1 Serving

Amount Per Serving

Calories 500.3

% Daily Value*

Total Fat	17.1 g	22 %
Saturated Fat	7.6 g	38 %
Trans Fat	0.4 g	
Cholesterol	126.5 mg	42 %
Sodium	1295.3 mg	56 %
Total Carbohydrate	52.4 g	19 %
Dietary Fiber	3.6 g	13 %
Total Sugars	3.7 g	
Added Sugars	0 g	0 %
Protein	38.4 g	
Vitamin D	0.4 mcg	2 %
Calcium	115.5 mg	9 %
Iron	4 mg	22 %
Potassium	217 mg	5 %

* 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.

Classic Quinoa Salad

Classic Quinoa Salad

Nutrition Facts

Serving Size 1 Serving

Amount Per Serving

Calories 359.3

% Daily Value*

Total Fat	20.1 g	26 %
Saturated Fat	2.2 g	11 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	61.3 mg	3 %
Total Carbohydrate	37.7 g	14 %
Dietary Fiber	11.3 g	40 %
Total Sugars	7.8 g	
Added Sugars	0.5 g	1 %
Protein	8.6 g	
Vitamin D	0 mcg	0 %
Calcium	36.6 mg	3 %
Iron	2.3 mg	13 %
Potassium	768.4 mg	16 %

* 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.