



Szechuan Chicken & Veggie Stir Fry

Nutrition Facts

Serving Size 1 entree (414 grams)

Amount Per Serving

Calories 476 Calories from Fat 153

% Daily Values*

Total Fat 17g	26%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 500mg	21%
Total Carbohydrate 57g	19%
Dietary Fiber 6g	24%
Sugars 5g	
Protein 23g	46%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Chicken breasts, onions, yellow summer squash, carrots, broccoli, cauliflower, low sodium soy sauce, rice wine vinegar, ginger, crushed red pepper, garlic, brown rice, corn flour, water