

B-FAMILY STYLE ROASTED CHICKEN

 1 bowl

INGREDIENTS

- 4 3 ounces of A-Roasted OG Chicken Breast (380 g)

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (380 g)	% DRI
ENERGY	166 kcal	629 kcal	31 %
FAT	4 g	16 g	24 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	21 %
CHOLESTEROL	93 mg	353 mg	118 %
SODIUM	676 mg	2569 mg	107 %
CARBOHYDRATE	4 g	17 g	6 %
SUGARS	0 g	1 g	—
FIBER	1 g	3 g	12 %
PROTEIN	28 g	108 g	—