

B-REGULAR SWEET CORN PUDDING & SHREDDED CHICKEN BOWL

 1 bowl

INGREDIENTS

- 1 portion of A-Sweet Corn Pudding [224 g]
- 1 8-10 green bean of A-Steamed Green Bean [80 g]
- 1/8 tbsp chopped of onions, spring or scallions [includes tops and bulb], raw [1 g]
- 1 3 oz of A-Shredded Plain Chicken [89 g]

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (400 g)	% DRI
ENERGY	113 kcal	454 kcal	23 %
FAT	3 g	14 g	21 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	13 %
CHOLESTEROL	41 mg	165 mg	55 %
SODIUM	215 mg	860 mg	36 %
CARBOHYDRATE	13 g	51 g	17 %
SUGARS	3 g	12 g	—
FIBER	2 g	7 g	29 %
PROTEIN	10 g	39 g	—