

B-SMALL SWEET CORN PUDDING & SHREDDED CHICKEN BOWL 🍽 1 bowl

INGREDIENTS

- 1/2 portion of A-Sweet Corn Pudding [112 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 (288 g)	% DRI
ENERGY	109 kcal	315 kcal	16 %
FAT	3 g	8 g	13 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	9 %
CHOLESTEROL	44 mg	128 mg	43 %
SODIUM	201 mg	578 mg	24 %
CARBOHYDRATE	11 g	30 g	10 %
SUGARS	3 g	8 g	—
FIBER	2 g	5 g	21 %
PROTEIN	12 g	34 g	—