

## B- REGULAR CHICKEN PUMPKIN ROTINI ALFREDO

 1 bowl

### INGREDIENTS

- 1 3 ounce of A-Roasted Blackened Chicken Breast (95 g)
- 1 regular of a-pumpkin rotini (155 g)
- 1 8-10 green bean of A-Steamed Green Bean (80 g)

### NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (330 g)	% DRI
ENERGY	165 kcal	543 kcal	27 %
FAT	5 g	18 g	28 %
FATTY ACIDS, TOTAL SATURATED	3 g	9 g	46 %
CHOLESTEROL	27 mg	90 mg	30 %
SODIUM	18 mg	60 mg	2 %
CARBOHYDRATE	18 g	59 g	20 %
SUGARS	2 g	6 g	—
FIBER	4 g	12 g	47 %
PROTEIN	13 g	43 g	—