

B-SM CHICKEN PUMPKIN ROTINI ALFREDO

 1 bowl

INGREDIENTS

- 1 3 ounce of A-Roasted Blackened Chicken Breast (95 g)
- 1/2 regular of a-pumpkin rotini (78 g)
- 1 8-10 green bean of A-Steamed Green Bean (80 g)

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (253 g)	% DRI
ENERGY	145 kcal	368 kcal	18 %
FAT	4 g	11 g	17 %
FATTY ACIDS, TOTAL SATURATED	2 g	5 g	26 %
CHOLESTEROL	36 mg	90 mg	30 %
SODIUM	22 mg	55 mg	2 %
CARBOHYDRATE	14 g	35 g	12 %
SUGARS	2 g	5 g	—
FIBER	3 g	8 g	31 %
PROTEIN	14 g	36 g	—