

B-REGULAR CHICKY CHICKY PARM PARM

🍽 1 bowl

INGREDIENTS

- 1 3 oz of A-Shredded Plain Chicken [89 g]
- 1.25 8 Tbsp of A-Italian Gravy [276 g]
- 1 8-10 green bean of A-Steamed Green Bean [80 g]
- 112 grams of pasta, whole-wheat, cooked
- 2 tbsps of cheese, parmesan, grated [10 g]

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (567 g)	% DRI
ENERGY	95 kcal	539 kcal	27 %
FAT	3 g	17 g	26 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	20 %
CHOLESTEROL	17 mg	96 mg	32 %
SODIUM	100 mg	565 mg	24 %
CARBOHYDRATE	11 g	64 g	21 %
SUGARS	3 g	16 g	—
FIBER	2 g	13 g	50 %
PROTEIN	7 g	41 g	—