

## B-SMALL CHICKY CHICKY PARM PARM

 1 bowl

### INGREDIENTS

- 1 3 oz of A-Shredded Plain Chicken [89 g]
- 3/4 8 Tbsp of A-Italian Gravy [166 g]
- 1 8-10 green bean of A-Steamed Green Bean [80 g]
- 56 grams of pasta, whole-wheat, cooked
- 1 tbsp of cheese, parmesan, grated [5 g]

### NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (396 g)	% DRI
ENERGY	94 kcal	371 kcal	19 %
FAT	3 g	11 g	17 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	13 %
CHOLESTEROL	23 mg	92 mg	31 %
SODIUM	110 mg	434 mg	18 %
CARBOHYDRATE	10 g	39 g	13 %
SUGARS	3 g	11 g	—
FIBER	2 g	8 g	34 %
PROTEIN	9 g	35 g	—