

Coconut Curry Chicken with Spinach

Nutrition Facts

Serving Size: 1.5 Thigh with 1/2 cup sauce (0g)

Servings Per Container: 4

Amount Per Serving

Calories 560 Calories from Fat 340

% Daily Value*

Total Fat 38g **58%**

Saturated Fat 13g **65%**

Trans Fat 0g

Cholesterol 130mg **43%**

Sodium 800mg **33%**

Total Carbohydrate 23g **8%**

Dietary Fiber 5g **20%**

Sugars 12g

Protein 30g

Vitamin A 280% • Vitamin C 60%

Calcium 15% • Iron 30%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: CHICKEN THIGHS, COCONUT CURRY SIMMERING SAUCE, SPINACH, CARROTS, ONION, LESS THAN 2% OF: OLIVE OIL, UNSALTED BUTTER

CONTAINS: EGG, WHEAT

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