

# Whole Wheat Pasta & Chicken with Marinara Sauce

<b>Nutrition Facts</b>	
Serving Size 1 serving (311.85g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 670	Calories from Fat 80
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 430mg	<b>18%</b>
<b>Total Carbohydrate</b> 87g	<b>29%</b>
Dietary Fiber 13g	<b>52%</b>
Sugars 12g	
<b>Protein</b> 57g	
Vitamin A 20%	• Vitamin C 0%
Calcium 8%	• Iron 45%
* 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
Saturated 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:** Diced Chicken Breast, Whole Wheat Pasta, Marinara Sauce.