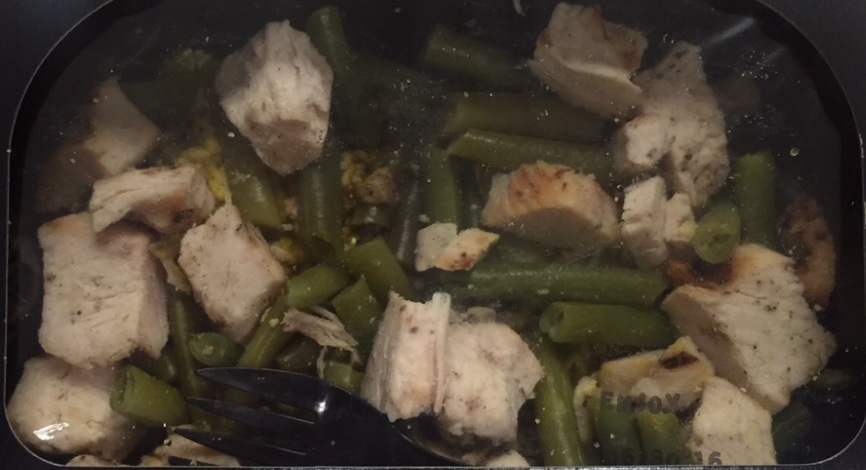




Only **270** Calories | Keep Refrigerated

LifestyleFoods



Net Wt
8.0 oz.
(227g)

Lemongrass Basil Chicken

Brown Rice in a Thai Style Sauce with Grilled Chicken and Green Beans

Heating Instructions

Peel back corner and remove fork, leaving remainder of tray covered.
Microwave on high for 1 min 20 sec to 1 min 40 sec
or until thoroughly heated.
All microwaves vary, cooking time may require adjustment.

Nutrition Facts

Serving Size 1 package (227g)
Servings Per Container 1

Amount Per Serving

Calories 270 Calories from Fat 80

% Daily Value*

Total Fat 9g **13%**

Saturated Fat 1g **5%**

Cholesterol 55mg **19%**

Sodium 780mg **32%**

Total Carbohydrate 23g **8%**

Dietary Fiber 3g **12%**

Sugars 7g

Protein 20g **40%**

Vitamin A 6% • Vitamin C 10%

Calcium 4% • Iron 15%

Not a significant source of trans fat.

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: Brown Rice and Sauce (Cooked Brown Rice, Organic Vegetable Broth [Water, Carrots, Celery, Tomatoes, Leeks, Mushrooms, Garlic, Sea Salt, Savory Leaf, Ground Bay Leaf], Onions, Lemon Grass Paste [Fresh Lemon Grass, Canola Oil, Glycerine, Dextrose, Sodium Lactate, Whey (Milk), Sea Salt, Sodium Ascorbate to protect flavor, Citric Acid, Xanthan Gum, Ascorbic Acid to retain color]), Peanut Oil (Peanuts), Ginger Paste (Fresh Ginger, Dextrose, Glycerin, Fructose, Sea Salt, Sodium Ascorbate to Protect Flavor, Xanthan Gum, Citric Acid), Garlic, Oyster Flavored Sauce [Water, Sugar, Soybean Sauce (Soybean), Salt, Soybean, Wheat Flour (Wheat), Modified Starch, Caramel, Citric Acid, Yeast Extract, Lactic Acid, Lovage Flavor], Basil Paste [Fresh Basil, Dextrose, Canola Oil, Whey (Milk), Sodium Lactate, Sea Salt, Sodium Ascorbate to protect flavor, Acetic Acid, Ascorbic Acid to retain color, Xanthan Gum, Citric Acid], Cultured Dextrose, Maltodextrin, Ground Coriander, Ground Turmeric, Black Pepper, Grilled Chicken (Boneless Chicken Breast, Water, Contains 2% or Less of the Following: Soy Protein Concentrate, Sodium Lactate, Salt, Modified Corn Starch, Carrageenan, Sodium Phosphate), Green Beans, Dried Peppermint.

CONTAINS: WHEAT, MILK, SOY AND PEANUTS. PROCESSED ON A LINE THAT MAY HANDLE WHEAT, SOY, MILK, EGG, FISH, PEANUTS AND TREE NUTS.

DO NOT FREEZE

Distributed by
Lifestyle Foods Inc.
York, PA 17404

lifestylefoods.com



Net Wt 8.0 oz (227g)

CONVENIENT, HEAT AND EAT MEAL

Lemongrass Basil Chicken
ENTREE

Lifestyle Foods