

Ancho Lime Chicken Meal

Ancho lime grilled chicken breast with mesquite seasoned potatoes, broccoli, red peppers & chipotle chile salsa

Recipe Number:	218549
Portion:	1 Meal
Calories:	380
Protein:	33.0 grams
Carbohydrates:	38.0 grams
Fat:	11.0 grams
Calories From Fat:	90 (24%)
Saturated Fat:	1.5 grams
Trans Fat:	0.0 grams
Polyunsaturated Fat:	3.0 grams
Cholesterol:	75.0 milligrams
Sodium:	400.0 milligrams
Vitamin A:	2356 IU
Vitamin A:	101 micrograms
Vitamin B1:	0.27 milligrams
Vitamin B2:	0.25 milligrams
Vitamin B6:	1.16 milligrams
Vitamin C:	106.6 milligrams
Calcium:	76.2 milligrams
Niacin:	14.8 milligrams
Iron:	2.3 milligrams
Potassium:	1040.0 milligrams
Pho:	330.9 milligrams
Dietary Fiber:	6.0 grams

Sugar Added:	0.0 grams
Sugars:	5.0 grams
Magnesium:	76.1 milligrams
Zinc:	1.74 milligrams
Copper:	0.35 milligrams
Vitamin E:	0.00 milligrams
Pantothenic Acid:	2.17 milligrams
Vitamin B12:	0.31 micrograms
Folate:	121.5 micrograms
Vitamin K:	137.5 micrograms
Selenium:	27.11 micrograms
Vitamin D:	4.5 IU
Vitamin D:	0.1 micrograms
Iodine:	0.00 micrograms
Chloride:	0.00 milligrams
Biotin:	0.00 micrograms
Fluoride:	11.14 micrograms
Choline:	134.7 milligrams
Linoleic Acid:	0.11 grams
Manganese:	0.43 milligrams
Molybdenum:	0.00 micrograms
Chromium:	0.00 micrograms
Monounsaturated fatty acids:	5.02 grams
Polyunsaturated fatty acids:	2.81 grams
Contains the following allergens:	Soy, Gluten, Sulphites

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