

**EAT.**  
**MOVE.**  
**SAVE.**

# MEAL KIT.

## Chicken Skillet with Vegetables

Recipe adapted from University of Minnesota Extension



### Items in Box:

- 3 pounds diced chicken breast
- 1 pound bag of rice
- 32 ounces chicken stock
- 2 - 8 ounces white mushrooms
- 2 zucchini squash
- 2 broccoli crowns
- 1 pound bag of carrots

\*The nutrition label is based on the provided recipe and not the contents within the box. This is due to the ingredients being subject to change based on source availability.

## Nutrition Facts

Serving Size 1.4 cups (231g)

Amount Per Serving

**Calories** **240**

% Daily Value \*

**Total Fat** 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 45mg 15%

**Sodium** 280mg 12%

**Total Carbohydrate** 28g 10%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 18g 36%

Vit. D 0.4mcg 2% - Calcium 10mg 0%

Iron 1.8mg 10% - Potas. 320mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.