Apple Dijon Chicken with Cranberry Pecan Pilaf

Nutritional Information

Per Serving: Chicken & Sauce: 235 cal, 3g fat, 1g saturated fat, 80mg cholesterol, 550mg sodium, 6g carbohydrates, 0g fiber, 33g protein. **Rice:** 250 cal, 5g fat, 0g saturated fat, 0mg cholesterol, 450mg sodium, 47g carbohydrates, 3g fiber, 4g protein.

Contains: Dairy. Wheat. Soy. Tree Nuts/Pecans.

Ingredients: chicken breast, apple cider, Dijon mustard, parsley, tomato paste, flour, canola oil, chicken base, onion powder, garlic powder, salt, spices. **Rice:** white rice, craisins, chopped pecans, dry chicken bouillon, salt.

Please Note: Because Dinner Done dishes are hand-crafted, exact information may vary. Nutritional information calculated based on 3 servings per entree.

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