General Tso’s Chicken ?

Nutritional Information

Per Serving – Chicken/Broccoli/Sauce: 390 cal, 8g fat (1g sat), 120mg chol, 725mg sodium, 30g carb, 3g fiber, 37g protein. **Rice:** 230 cal, 0g fat, 0mg chol, 3mg sodium (not including any salt added while cooking), 50g carb, 1g fiber, 4g protein.

Contains: Gluten. Soy. Egg.

Lifestyle: Nut-Free.

Ingredients: chicken breast chunks, white rice, fresh broccoli florets, panko breadcrumbs, egg, canola oil, salt, pepper, spices.
Sauce: water, brown sugar, soy sauce, chili garlic sauce, apple cider vinegar, rice flour, canola oil, chicken base, ginger.

Please Note: Because Dinner Done dishes are hand-crafted, exact information may vary. Serving size: 3 servings per entrée, unless otherwise stated.

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