Peruvian Roast Chicken

Nutritional Information

Per 1/4 Whole Chicken: 300 cal, 11g fat (3g sat), 130mg chol, 600mg sodium*, 1g carb, 1g fiber, 0g sugar, 44g protein.

Per Serving: Sauce: 90 cal, 9g fat (1g sat), 4mg chol, 200mg sodium, 5g carb, 0g fiber, 2g sugar, 0g protein.

Nutrition Note: *Actual nutritionals vary based on if skin is eaten, if chicken pieces are white/dark meat, etc. Nutritionals allow for some salt to render with juices formed in bottom of pan while cooking. Reduce sodium significantly by using less of the included spice seasoning or removing skin before eating.

Contains: Egg (sauce).

Lifestyle: Gluten-Free. Dairy-Free. Keto-Friendly.

Ingredients: whole chicken, paprika, adobo (garlic powder, onion powder, salt), dried oregano. Sauce: cilantro, onions, jalapeno peppers, garlic, apple cider vinegar, mayonnaise, canola oil, salt.

Please Note: Because Dinner Done dishes are hand-crafted, exact information may vary. Nutritional information calculated based on 4 servings per entrée.

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