



Caprese Chicken (or White Bean) Orzo Casserole

Sliced chicken OR [great northern beans](#), oil (canola/olive blend), [Kinder's The Blend](#), pasta herb blend, [orzo](#) or [GF orzo](#), [chicken broth concentrate](#) OR [vegetable broth concentrate](#), garlic, salt, ground black pepper, cherry tomatoes, [balsamic vinaigrette dressing](#), [pesto sauce](#), [shredded mozzarella](#)

Nutrition information based on dividing a full-size meal into 6 servings or a half-size meal into 3 servings.

Chicken:

Vegetarian:

Nutrition Facts

1 serving per container

Serving Size 1.00 each

Amount per serving

Calories 407

%Daily Value*

Total Fat 22g 28%

Saturated Fat 3.4g 17%

Trans Fat 0.2g

Cholesterol 88mg 29%

Sodium 1031mg 45%

Total Carbohydrate 25g 9%

Dietary Fiber 1.6g 6%

Total Sugars 4.2g

Includes 0g Added Sugars 0%

Proteins 30g

Vitamin D 0.1mcg 1%

Calcium 239mg 18%

Iron 1.7mg 9%

Potassium 178mg 4%

* 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.

Nutrition Facts

1 serving per container

Serving Size 1.00 each

Amount per serving

Calories 406

%Daily Value*

Total Fat 15g 20%

Saturated Fat 3.4g 17%

Trans Fat 0.2g

Cholesterol 21mg 7%

Sodium 946mg 41%

Total Carbohydrate 49g 18%

Dietary Fiber 9.6g 34%

Total Sugars 4.2g

Includes 0g Added Sugars 0%

Proteins 20g

Vitamin D 0.1mcg 1%

Calcium 310mg 24%

Iron 3.6mg 20%

Potassium 622mg 13%

* 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.