Orange Sesame Chicken Bowl

|  |  |
| --- | --- |
| Servings 1 | |
| Amount Per Serving | |
| **calories** 614 | |
| **% Daily Value \*** | |
| **Total Fat**18 g | **28 %** |
| Saturated Fat 5 g | **26 %** |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 1 g | |
| Trans Fat 0 g | |
| **Cholesterol** 180 mg | **60 %** |
| **Sodium** 441 mg | **18 %** |
| **Potassium** 1504 mg | **43 %** |
| **Total Carbohydrate** 73 g | **24 %** |
| **Dietary Fiber** 6 g | **23 %** |
| **Sugars** 30 g |  |
| **Protein** 54 g | **109 %** |
| Vitamin A | **207 %** |
| Vitamin C | **143 %** |
| Calcium | **50 %** |
| Iron | **12 %** |
| \* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA. | |