



RAINBOW BENTO BOWL

Grilled Pineapple Chicken
with Brown Rice
and Stir Fry Vegetables

A circular logo with a light blue center and a rainbow-colored border. The text "RAINBOW BENTO BOWL" is written in a stylized, brown, blocky font with a drop shadow effect.

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Consumption instructions:

Remove all contents from plastic container.

Place in microwave on safe bowl or plate.

Microwave on high for 3-4 minutes.

Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container about 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 3g **15%**

Trans Fat 3g

Cholesterol 30mg **10%**

Sodium 470mg **20%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Proteins 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.