Chicken (Drumsticks)

Rice

High Protein

Dinner D4-3

Low SF

Slow Cooker Sticky BBQ Drumsticks

3/4 cup Instant White Rice

28oz can Bush's Reduced Sodium Vegetarian Baked Beans

Notes:

Can of beans is six 1/2 cup servings.

Beans include 11g of Added Sugar. BBQ sauce will also have Added Sugar depending on the brand

Servings	*Prep*	*Cook*	*Total*
6	5 min	4 hrs	4hr5min

Nutritional Information

4/15/2024

	2 Legs	*Rice*	*Beans*	*Total*
Calories	267	128	150	*545*
Total Fat (g)	11	0	0	*11*
Saturated Fat (g)	**3**	**0**	**0**	***3***
Cholesterol (mg)	**116**	**0**	**0**	***116***
Sodium (mg)	**302**	**0**	**370**	***672***
Carbs (g)	**18**	**29**	**30**	***77***
Fiber	0	0	5	*5*
Sugar	14	0	12	*26*
Protein (g)	22	3	7	*32*

Meal Formula by Food Groups

P	FC	SC	SC	FC	SC	F
Meat	***Starch***	***Vegetable***	***Fruit***	***Dairy***	***Legumes***	***Fat***
3	2				2	

MM

5 Carb Count

8 HH Score

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