



Chicken with Rice (397)  
03/18/2019

<b>Nutrition Facts</b>	
Serving Size 1 cup (193g)	
Servings Per Container 22	
<b>Amount Per Serving</b>	
<b>Calories</b> 240	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 520mg	<b>22%</b>
<b>Total Carbohydrate</b> 39g	<b>13%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 1g	
<b>Protein</b> 13g	
Vitamin A 2%	• Vitamin C 35%
Calcium 6%	• Iron 20%
*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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: WATER, CHICKEN DICED (White Meat Chicken, Water, Modified Food Starch, Salt, Sodium Phosphate, Soy Protein Isolate), RICE (Long Grain Parboiled Rice Enriched with Iron [ferric orthophosphate], Niacin, Thiamin Mononitrate, and Folic Acid), ONIONS, SOFRITO SEASONING (Green Pepper, Onion, Water, Soybean Oil, Salt, Cilantro, Spices, Garlic Powder, Monosodium Glutamate, Ham Type Flavor [maltodextrin, salt, palm oil, yeast extract, molasses, silicon dioxide, garlic powder, onion powder, medium chain triglycerides, sunflower oil, natural & artificial flavors, natural smoke flavor, and citric acid], Guar Gum, Potassium Sorbate, Citric Acid, Sodium Benzoate to Preserve Freshness and Annatto), GREEN PEPPERS, RED PEPPERS, TOMATO PASTE, TOMATO SAUCE (Tomato Puree [water, tomato paste], Water, Less than 2% of, Salt, Citric Acid, Onion Powder, Garlic Powder, Red Pepper), CHICKEN BASE (Chicken and Chicken Broth, Salt, Chicken Fat, Sugar, Corn Starch, Corn Oil, 2% or Less of Potato Starch, Natural Flavors, Natural Extractives of Turmeric and Annatto), CANOLA OIL, CHOPPED GARLIC (Garlic, Water, Citric Acid), SAZON SEASONING (Salt, Garlic Powder, Paprika, Coriander Ground, Ground Cumin, Black Pepper), MODIFIED FOOD STARCH (corn)

ALLERGEN: Contains Soy. Manufactured on equipment that processes products containing Eggs, Milk, Wheat, Fish and Crustacean Shellfish

Order Number: C710397