



Low Sodium Chicken with Rice (396)

05/04/2018

| Nutrition Facts | |
|--|------------------------------|
| Serving Size 1 cup (200g) Servings Per Container 20 | |
| Amount Per Serving | |
| Calories 250 | Calories from Fat 25 |
| % Daily Value* | |
| Total Fat 3g | 5% |
| Saturated Fat 1g | 4% |
| Trans Fat 0g | |
| Cholesterol 30mg | 10% |
| Sodium 110mg | 5% |
| Total Carbohydrate 39g | 13% |
| Dietary Fiber 2g | 8% |
| Sugars 3g | |
| Protein 15g | |
| Vitamin A 4% | • Vitamin C 25% |
| Calcium 8% | • Iron 15% |
| *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: CHICKEN DICED (Chicken, Water, Rice Starch, Vinegar, Seasoning [Maltodextrin, Yeast Extract, Chicken Stock, Salt and Flavors]), WATER, RICE (Enriched with Iron [ferric orthophosphate], Niacin, Thiamin Mononitrate, and Folic Acid), TOMATO DICED (Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid [as required]), ONIONS, GREEN PEPPERS, PEAS, RED PEPPERS, TOMATO SAUCE (Tomato Puree [water, tomato paste], Water, Less than 2% of, Salt, Citric Acid, Onion Powder, Garlic Powder, Red Pepper), CHOPPED GARLIC (Garlic, Water, Citric Acid), LOW SODIUM CHICKEN BASE (Chicken Meat and Natural Chicken Juices, Maltodextrin, Autolyzed Yeast Extract, Flavors, Salt, Cornstarch, 2% or Less of Corn Oil, Disodium Inosinate/Disodium Guanylate, Dried Chicken Broth, Chicken Fat, Potato Starch, Natural Extractives of Turmeric and Annatto, Citric Acid, Dried Chicken, Chicken Skin, Papain, Natural Extractives of Paprika, Rosemary Extract, Lactic Acid, *No Added MSG other than that which naturally occurs in the autolyzed yeast extract), CILANTRO, OREGANO, GROUND BAY LEAVES, PAPRIKA, BLACK PEPPER, CRUSHED RED PEPPER
ALLERGEN: Manufactured on equipment that processes products containing Soy, Eggs, Milk, Wheat, Tree Nuts, Fish and Crustacean Shellfish.