



Chicken Chow Mein
02/28/2019

Nutrition Facts	
Serving Size 1 cup (260g)	
Servings Per Container 22	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 430mg	18%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 13g	
Vitamin A 4%	• Vitamin C 25%
Calcium 4%	• Iron 6%
*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), CELERY, ONIONS, SUGAR SNAP PEAS, BAMBOO SHOOTS (Bamboo Shoots, Water), BEAN SPROUTS (Bean Sprouts, Water, Salt, Ascorbic Acid [to maintain color], Citric Acid), MUSHROOMS (Mushrooms, Water, Salt, Ascorbic Acid and EDTA), WATER CHESTNUTS (Water Chestnuts, Water, Citric Acid), GREEN PEPPERS, RED PEPPERS, MODIFIED FOOD STARCH (corn), 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), SOY SAUCE (Water, Wheat, Soybeans, Salt, Sodium Benzoate: Less than 1/10 of 1% as a Preservative), CHOPPED GARLIC (Garlic, Water, Citric Acid), GINGER, WHITE PEPPER

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

Order Number: C710152