

Holiday Chicken Wild Rice (2,2017)

Nutrition Facts	
Serving Size 1 cup (240.00g/8.5oz)	
Amount Per Serving	
Calories 190	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 990mg	41%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 8g	
Vitamin A 6%	• Vitamin C 20%
Calcium 6%	• 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 65 g 80 g
Saturated Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: WATER, CHICKEN STOCK, RECONSTITUTED SKIM MILK, CREAM (MILK), CHICKEN MEAT, WILD RICE, CONTAINS LESS THAN 2% OF: BROWN RICE, MODIFIED FOOD STARCH, CARROTS, BLEACHED ENRICHED FLOUR (WHEAT FLOUR, WHEAT STARCH, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHICKEN FAT, ONIONS, BUTTER (CREAM [MILK]), SALT, GELATIN, CHICKEN FLAVOR (CONTAINS ASCORBIC ACID, SALT), SUGAR, CHICKEN MEAT INCLUDING CHICKEN JUICES, SOY PROTEIN ISOLATE, SPICE, DEHYDRATED ONIONS, YEAST EXTRACT, MALTODEXTRIN, DISODIUM GUANYLATE, DISODIUM INOSINATE, WHEY (MILK), HYDROLYZED WHEAT GLUTEN, VEGETABLE OIL, SODIUM PHOSPHATE, FLAVORING, TURMERIC, TOCOPHEROL, BETA CAROTENE (COLOR), DEHYDRATED CHICKEN. CONTAINS: MILK, WHEAT, SOY.

Contains: Wheat, Soy, Milk

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