

Product Nutrition and Contribution



CHICKEN & NOODLES KIT



Nutrition Facts

Serving Size 6 ounces (170.1g)
Servings Per Container 1

Amount Per Serving

Calories 290 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 330mg **14%**

Total Carbohydrate 30g **10%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 18g

Vitamin A 6% • Vitamin C 6%

Calcium 25% • Iron 8%

* 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

Meat/Meat Alternate	2 oz
Grain/Bread	1 Serving
Vegetable/Fruit	0 cup

Allergen:

Wheat, Milk