

# Nutrition Facts

Serving Size 1 cup (60g) dry mix  
(Makes 1 cup prepared)  
Servings Per Container About 10

Amount Per Serving

**Calories 270**

**Calories From Fat 80**

% Daily Value\*

Total Fat 10g 15%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 750mg 31%

Total Carbohydrate 41g 14%

Dietary Fiber 1g 4%

Sugars 0g

Protein 6g 12%

Vitamin A 6% • Vitamin C 6%

Calcium 2% • Iron 10%

\*Percent Daily Values (DV) 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
Sat. Fat	Less than	25g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb.		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

## INGREDIENTS:

Precooked Enriched Rice (rice, niacinamide, ferric orthophosphate, thiamine mononitrate, folic acid) • Cooked Chicken (chicken meat, salt) • Corn Oil with Spice Extract • Pimientos (pimiento, citric acid)

Less than 1% of: Modified Corn Starch • Hydrolyzed Vegetable Protein (corn, soy, wheat gluten, soybean oil) • Sea Salt • Chicken Fat • Sugar • Onion Powder • Seasoning (maltodextrin, natural flavor) • Spice • Turmeric

CONTAINS: Soy, Wheat

Serving sizes are based on USDA/FDA 'Reference Amounts Customarily Consumed' and are for comparison purposes. Your mileage will vary based on your metabolism and activity level. We recommend determining your caloric needs and basing your purchasing decisions on calories rather than 'servings'.

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