

06/22/2012

Nutrition Facts

Serving Size 1 cup (227g)
Servings Per Container 3

Amount Per Serving

Calories 180 **Calories from Fat 60**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 740mg **31%**

Total Carbohydrate 24g **8%**

Dietary Fiber 6g **24%**

Sugars 3g

Protein 8g

Vitamin A 25% • Vitamin C 6%

Calcium 6% • 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: Water, Black Beans, Yellow Onion, Chicken (Base Roasted Chicken Meat, Salt, Chicken Fat, Dextrose, Sugar, Natural Flavoring, Chicken Broth, Turmeric), Carrots, Canola Oil, Celery, Jalapeno Pepper, Garlic, Fresh Cilantro, Green Onion, Chili Powder, Natural Smoke Flavor, Spices.

Protein: good source of protein

Dietary Fiber: high dietary fiber

Potassium: good source of potassium

Vitamin A - IU: high vitamin A

Folate: high folate

Phosphorus: good source of phosphorus

Copper: good source of copper

Iron: good source of iron

Magnesium: good source of magnesium