

07/06/2012

Nutrition Facts	
Serving Size 1 cup (227g)	
Servings Per Container 3	
Amount Per Serving	
Calories 200	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 820mg	34%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 3g	
Vitamin A 2%	• Vitamin C 8%
Calcium 4%	• 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, Coconut(Coconut Extract, Water, Citric Acid,[as antioxidant], Sodium Metabisulfate[as preservative]), Jasmine Rice, Chicken Base (Roasted Chicken Meat, Salt, Chicken Fat, Dextrose, Sugar, Natural Flavoring, Chicken Broth, Turmeric), Jalapeno Pepper, Green Curry Paste (Green Chili, Lemon Grass, Garlic, Salt, Galangal, Shrimp Paste[Shrimp, Salt, Kaffir Lime Peel, Coriander Seed, Pepper, Cumin, Turmeric]), Green Onion, Garlic, Ginger Root, Canola Oil, Tomato Paste, Cilantro Leaves.

Contains: Coconut Milk, Shellfish.

Iron: good source of iron