

07/06/2012

Nutrition Facts	
Serving Size 1 cup (227g)	
Servings Per Container 3	
Amount Per Serving	
Calories 190	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 880mg	37%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 5g	
Vitamin A 10% • Vitamin C 20%	
Calcium 2% • Iron 6%	
*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, Sweet White Corn, Potatoes, Cream, Yellow Onion, Chicken Base(Roasted Chicken Meat, Salt, Chicken Fat, Dextrose, Sugar, Naural Flavoring, Chicken Broth, Turmeric), Celery, Wheat Flour, Red Bell Pepper, Bacon(Cured with Water, Salt, Sugar, Sodium Phosphate, and Sodium Nitrite) Canola Oil, Garlic, Spices.

Contains: Milk, Wheat.