South of the Border Stew with Chicken

Nutrition Facts

Serving Size: 1/3 of Stew (0.0g)
Servings Per Container: 3

Amount Per Serving

Calories 490	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol 85mg	**28**%
Sodium 1940mg	**81**%
Total Carbohydrate 71g	**24**%
Dietary Fiber 16g	**64**%
Sugars 7g	
Sugar Alcohol 0g	
Protein 44g	

Vitamin A 10%	•	Vitamin C 35%
Calcium 20%	•	Iron 35%

* 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
Sat 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

CONTAINS: WHEAT

VALUES ARE FOR ENTREE AND DO NOT INCLUDE VALUES FOR SIDE ITEMS (RICE, PASTA, POTATOES, ETC).

MODIFICATIONS TO THE ORIGINAL RECIPE (LOW SODIUM, INGREDIENT SUBSTITUTIONS, ETC) WILL GREATLY ALTER THESE NUTRITIONAL FACTS