

Fresh Mex Chicken Lighter Fixin's

Nutrition Facts

Varied servings per container

Serving size

1/3 of 3-Serving Package or 1/6 of 6-Serving Package (0.0g)

Amount Per Serving

Calories

270

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 120mg **40%**

Sodium 680mg **30%**

Total Carbohydrate 5g **2%**

Dietary Fiber 0g **0%**

Total Sugars 3g

Includes 2g Added Sugars **4%**

Protein 35g

Vitamin D 0.1mcg 0%

Calcium 30mg 2%

Iron 0.7mg 4%

Potassium 560mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK

SIDE ITEMS (RICE, PASTA) ARE NOT INCLUDED.

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