

Nutrition Facts (Prepared)

1 Servings Per Container

Serving Size 142 g (1 Each)

Amount Per Serving

Calories 320

	% Daily Value*
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 530mg	23%
Total Carbohydrate 42g	15%
Dietary Fiber 2g	8%
Sugar 1g	
Added Sugar 0g	0%
Protein 12g	0%
Vitamin D 0µg	0%
Potassium 230mg	4%
Calcium 40mg	4%
Iron 3mg	15%

* 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.

Ingredients

Bleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Cooked Chicken Meat, Soybean Oil, Green Chile Peppers (Green Chiles, Citric Acid), Red Beans, Contains Less Than 2% Of: Onions, Green Bell Peppers, Long Grain Parboiled Enriched Rice (Niacin, Iron, Thiamin, Folic Acid), Flavorings, Crushed Red Pepper, Paprika, Chili Powder (Chili Pepper, Spices, Onion, Salt, Garlic, Oregano, Parsley), Flavor Enhancer (Hydrolyzed Soy Protein, Maltodextrin, Hydrolyzed Corn Protein), Flavor Enhancer (Yeast Extract, Salt, Maltodextrin, Lactic Acid, Roast Flavor [Contains Soy Sauce {Soybean, Wheat, Salt}]), Modified Food Starch, Rendered Chicken Fat, Corn Flour, Dough Conditioner (Whey, L-Cysteine Hydrochloride), Leavening (Sodium Bicarbonate, Corn Starch, Sodium Aluminum Sulfate, Calcium Sulfate, Monocalcium Phosphate), Sodium Stearoyl Lactylate, Guar Gum, Salt. Contains: Soy, Wheat, Milk.