

MOM Chicken & Black Beans

Nutrition Facts

1 servings per container

Serving size 1 Pouch (283g)

Amount Per Serving

Calories **300**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 550mg **24%**

Total Carbohydrate 37g **13%**

Dietary Fiber 6g **21%**

Total Sugars 4g

Includes <1g Added Sugars **0%**

Protein 21g

Vitamin D 0mcg **0%**

Calcium 70mg **6%**

Iron 2.4mg **10%**

Potassium 730mg **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.