

Chicken and Rice w/Mushrooms Soup  
12oz

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	12oz (340g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>7%</b>
Saturated Fat 1g	<b>6%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 3g	
<b>Cholesterol</b> 45mg	<b>14%</b>
<b>Sodium</b> 830mg	<b>36%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	
Vitamin D 0mcg	0%
Calcium 35mg	4%
Iron 2mg	8%
Potassium 300mg	6%
<small>* 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.</small>	

INGREDIENTS: Water, Rice Mix, 4 oz Bonless Skinless Chicken Breast (Chicken Tenderloins Clipped), Sliced Mushrooms, .25" Diced Onion, .25" Diced Carrots, .25" Diced Celery, Chicken Soup Base, Olive Oil (75% Soybean Oil; 25% Olive Pomace Oil), Peeled Garlic, Fresh Parsley.