

**Root's Unseasoned Shredded Chicken Mix****Size: NET WT. 16 OZ. (1 LB.) 454g**

<b>Nutrition Facts</b>	<b>Amount per Serving</b>	<b>% DV*</b>	<b>Amount per Serving</b>	<b>% DV*</b>
Serv. Size 3oz. (85g)				
Servings about 5				
Calories 137				
Fat Cal. 34				
*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
	<b>Total Fat 3.7g</b>	<b>6%</b>	<b>Total Carb. 1.2g</b>	<b>0%</b>
	<b>Sat. Fat 1g</b>	<b>5%</b>	<b>Fiber 0.2g</b>	<b>1%</b>
	<b>Cholest. 99mg</b>	<b>33%</b>	<b>Sugars 0g</b>	
	<b>Sodium 17mg</b>	<b>1%</b>	<b>Protein 25g</b>	
	<b>Vitamin A 3%</b>	<b>Vitamin C 0%</b>	<b>Calcium 1%</b>	<b>Iron 4%</b>

**INGREDIENTS:** CHICKEN, CHICKEN BROTH, WATER, SOY GRITS

**Root's Poultry, Inc.** 3721 West State Street Fremont, Ohio 43420  
Phone: 419-332-0041 Toll Free: 1-800-499-2536 Fax: 419-332-5885  
[www.rootspoultry.com](http://www.rootspoultry.com)      [mark@rootspoultry.com](mailto:mark@rootspoultry.com)