

Root's Unseasoned Shredded Chicken Mix

Size: NET WT. 32 OZ. (2 LB.) 907g

Nutrition Facts

Serving Size 3oz. (85g)

Serving Size per container about 10

Amount Per Serving

Calories 137	Calories from Fat 34
	%Daily Value*
Total Fat 3.7g	6%
Saturated Fat 1g	5%
Cholesterol 99mg	33%
Sodium 17mg	1%
Total Carbohydrate 1.2g	0%
Dietary Fiber 0.2g	1%
Sugars 0g	
Protein 25g	
Vitamin A 3%	Vitamin C 0%
Calcium 1%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: CHICKEN, CHICKEN BROTH, WATER, SOY GRITS

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