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| Root's Cubed Chicken-White Meat | | | |
| Size: NET WT. 16 OZ. (1 LB.) 454g | | | |
| Nutrition Facts | | | |
| Serving Size 3 oz. (85g) | | | |
| Serving Size per container about 5 | | | |
| Amount Per Serving | | | |
| Calories 145 | Calories from Fat 37 | | |
| | %Daily Value* | | |
| Total Fat 4.2g | 6% | | |
| Saturated Fat 1.1g | 5% | | |
| Cholesterol 79mg | 26% | | |
| Sodium 17mg | 1% | | |
| Total Carbohydrate 1.3g | 0% | | |
| Dietary Fiber 0.3g | 1% | | |
| Sugars 0g | | | |
| Protein 26g | | | |
| Vitamin A 4% | | | |
| Vitamin C 0% | | | |
| Calcium 1% | | | |
| Iron 6% | | | |
| *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: UNSEASONED CHICKEN MEAT

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