

Root's Cubed Chicken-White and Dark 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 156	Calories from Fat 40		
	%Daily Value*		
Total Fat 4.4g	7%		
Saturated Fat 1.2g	6%		
Cholesterol 53mg	18%		
Sodium 17mg	1%		
Total Carbohydrate 5.0g	2%		
Dietary Fiber 0.9g	0%		
Sugars 0g			
Protein 24g			
Vitamin A 1%	Vitamin C 0%		
Calcium 1%	Iron 7%		
*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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