

# Chicken and Dumplings (1 Lbs)

Review: 02/07/2020

<b>Nutrition Facts</b>	
About 2 servings per container	
<b>Serving size</b>	<b>1 cup(228g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>270</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 1190mg	<b>52%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 2mg	10%
Potassium 19mg	0%
<small>*The % Daily Value 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, FLOUR DUMPLINGS (Enriched Bleached Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Enzymes], Water, Palm Oil, Salt, Buttermilk Solids, Whey Solids, Milk Protein, Lactic Acid), COOKED DARK AND WHITE CHICKEN MEAT, CHICKEN BASE (Roasted Mechanically Separated Chicken, Salt, Sugar, Hydrolyzed Wheat Gluten, Rendered Chicken Fat, Onion Powder, Disodium Inosinate & Disodium Guanylate, Extract of Turmeric, Spice Extractives), COOKED ALL WHITE CHICKEN MEAT, VEGETABLE OIL (100% Soybean Oil), ENRICHED BLEACHED WHEAT FLOUR (Niacin, Iron [reduced], Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), MODIFIED CORN STARCH, HYDROLYZED VEGETABLE PROTEIN (Hydrolyzed Corn Protein, with Palm and/or Sunflower Oil Added), YEAST EXTRACT (Yeast Extract, Sunflower Oil), XANTHAN GUM, BLACK PEPPER.

Contains Milk, Wheat.