

# NUTRITIONAL FACTS

FUSHA FOODS

## Chicken Alfredo w/Tri Color Rotini

**Nutrition Facts** Serv. Size: 1 Meal (312g), Servings: 1, Amount Per Serving:  
**Calories** 440, Fat Cal. 100, **Total Fat** 11g (17% DV), Sat. Fat 1.5g (8% DV), *Trans Fat* 0g, **Cholest.** 75mg (25% DV), **Sodium** 710mg (30% DV), Potassium 150mg (4% DV), **Total Carb.** 50g (17% DV), Fiber 7g (28% DV), Sugars 7g, **Protein** 22g, Vitamin A (2% DV), Vitamin C (8% DV), Calcium (15% DV), Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: PASTA (WHOLE WHEAT FLOUR), BONELESS CHICKEN BREAST, WATER SEASONING [CHICKEN BROTH, SALT, ONIONS, SUGAR, VEGETABLE STOCK, CELERY, MALTODEXTRIN, GARLIC POWDER, SODIUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, HEAVY CREAM, BUTTER, MILK, NONFAT DRY MILK, PARMESAN CHEESE, [(MILK, SALT, CHEESE CULTURES, ENZYMES), WHEY, NATURAL FLAVOR, DISODIUM PHOSPHATE, LACTIC ACID], MODIFIED CORN STARCH, SALT, ROMANO CHEESE [(COW'S MILK, SALT, CHEESE CULTURES, GARLIC AND ONION)], PARSLEY

CONTAINS: MILK, WHEAT

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## Chicken Neapolitano w/Cavatappi

**Nutrition Facts** Serv. Size: 1 Meal (312g), Servings: 1, Amount Per Serving:  
**Calories** 570, Fat Cal. 220, **Total Fat** 24g (37% DV), Sat. Fat 10g (50% DV), *Trans Fat* 0g, **Cholest.** 55mg (18% DV), **Sodium** 560mg (23% DV), Potassium 0mg (0% DV), **Total Carb.** 70g (23% DV), Fiber 9g (36% DV), Sugars 3g, **Protein** 18g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: TOMATO PASTE (VINE- RIPENED FRESH TOMATOES AND NATURALLY DERIVED CITRIC ACID), BUTTER (CREAM, NATURAL FLAVOR), DEHYDRATED ONION AND GARLIC, SALT, SUGAR, SPICES, CITRIC ACID, AND SILICON DIOXIDE ADDED TO PREVENT CAKING, CORNSTARCH, GARLIC, SPICE, PASTA (WHOLE WHEAT FLOUR), BONELESS CHICKEN BREAST, WATER SEASONING [CHICKEN BROTH, SALT, ONIONS, SUGAR, VEGETABLE STOCK, CELERY, MALTODEXTRIN, GARLIC POWDER, SODIUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE

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## Chicken Parmesan w/Tri Color Tortelinni

**Nutrition Facts** Serv. Size: 1 (326 g), Servings: 1, Amount Per Serving:  
**Calories** 730, Fat Cal. 270, **Total Fat** 30g (46% DV), Sat. Fat 14g (70% DV), *Trans Fat* 0g, **Cholest.** 95mg (32% DV), **Sodium** 1280mg (53% DV), **Total Carb.** 82g (27% DV), Fiber 4g (16% DV), Sugars 6g, **Protein** 28g, Vitamin A (15% DV), Vitamin C (20% DV), Calcium (25% DV), Iron (20% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: PASTA, CHEESE, BONELESS CHICKEN BREAST, WATER SEASONING [CHICKEN BROTH, SALT, ONIONS, SUGAR, VEGETABLE STOCK, CELERY, MALTODEXTRIN, GARLIC POWDER, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, TOMATO PASTE (VINE- RIPENED FRESH TOMATOES AND NATURALLY DERIVED CITRIC ACID), BUTTER (CREAM, MILK, NATURAL FLAVOR), DEHYDRATED ONION AND GARLIC, SALT, SUGAR, SPICES, CORNSTARCH, GARLIC, SPICE, WATER, NONFAT DRY MILK, PARMESAN CHEESE [(MILK, SALT, CHEESE CULTURES, ENZYMES), WHEY, NATURAL FLAVOR, DISODIUM PHOSPHATE, LACTIC ACID], MODIFIED CORN STARCH, SALT, ROMANO CHEESE [(COW'S MILK, SALT, CHEESE CULTURES, ENZYMES), WHEY, NATURAL FLAVORS, LACTIC ACID], NATURAL FLAVORS, LACTIC ACID, GARLIC AND ONION POWDER, SUGAR, SPICE. WHITE BREAD (ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON (FERROUS SULFATE, REDUCED IRON), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SALT, SOYBEAN OIL, SUGAR, MALT, DOUGH CONDITIONERS (ASCORBIC ACID, CALCIUM SULFATE, SODIUM STEAROYL LACTYLATE), CALCIUM PROPIONATE (PRESERVATIVE)). SPINACH POWDER.

CONTAINS: MILK, WHEAT