



## Creamy Chicken & Dumpling - As Packaged

CHICKEN STOCK (water, chicken base [chicken meat, natural chicken juices, salt, sugar, autolyzed yeast extract, maltodextrin, natural flavor, onion powder, spice extract, turmeric {color}]), COOKED DUMPLINGS (water, enriched flour [wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], whole egg, enriched durum flour [durum wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], salt, wheat gluten, oleoresin turmeric), ONIONS, CHICKEN (cooked chicken dark meat, salt), CARROTS, CELERY, ENRICHED FLOUR (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), MODIFIED CORNSTARCH, BUTTER (cream, salt), CANOLA OIL, CULTURED DEXTROSE ON MALTODEXTRIN, CULTURED WHEY, GARLIC, SPICE, CITRIC ACID.

THIS PRODUCT CONTAINS: WHEAT, EGGS, MILK

### As Prepared

<b>Nutrition Facts</b>	
Serving Size 1 cup prepared (245g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 140</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 35mg</b>	<b>11%</b>
<b>Sodium 1130mg</b>	<b>47%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber less than 1g	<b>4%</b>
Sugars 3g	
<b>Protein 6g</b>	
Vitamin A 60%	• Vitamin C 4%
Calcium 2%	• 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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	