

## Chicken Style Curry

Nutrition Facts	
Serving Size 9.16 ounces (261g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 330	Calories from Fat 120
% Daily Value*	
<b>Total Fat</b> 19g	<b>29%</b>
Saturated Fat 2g	11%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 9g	
Monounsaturated Fat 4g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 890mg	<b>37%</b>
<b>Potassium</b> 530mg	<b>15%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 4g	16%
Sugars 2g	
<b>Protein</b> 19g	
Vitamin A 4%	• Vitamin C 15%
Calcium 2%	• Iron 15%
Thiamin 15%	• Riboflavin 15%
Niacin 10%	• Vitamin B6 25%
Folacin 4%	• Vitamin B12 70%
Phosphorus 20%	• Zinc 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	<b>Calories: 2,000 2,500</b>
<b>Total Fat</b>	Less than 65g 80g
<b>Sat Fat</b>	Less than 20g 25g
<b>Cholesterol</b>	Less than 300mg 300mg
<b>Sodium</b>	Less than 2400mg 2400mg
<b>Total Carbohydrate</b>	300g 375g
<b>Dietary Fiber</b>	25g 30g
Calories per gram:	
Fat 9	* Carbohydrate 4 * Protein 4