

Chicken Style Mechado

Nutrition Facts	
Serving Size 8 ounces (267g)	
Servings Per Container 1	
Amount Per Serving	
Calories 300	Calories from Fat 100
% Daily Value*	
Total Fat 15g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 7g	
Monounsaturated Fat 3.5g	
Cholesterol 0mg	0%
Sodium 810mg	34%
Potassium 720mg	21%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 17g	
Vitamin A 10%	• Vitamin C 50%
Calcium 4%	• Iron 15%
Thiamin 15%	• Riboflavin 15%
Niacin 15%	• Vitamin B6 25%
Folacin 4%	• Vitamin B12 60%
Phosphorus 15%	• 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:	
	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 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	* Carbohydrate 4 * Protein 4