

Stir Fry Vege Chicken & Noodles

Nutrition Facts	
Serving Size 5.61 ounces (485g)	
Servings Per Container 1	
Amount Per Serving	
Calories 260	Calories from Fat 20
% Daily Value*	
Total Fat 7g	11%
Saturated Fat .5g	3%
Trans Fat 0g	
Polyunsaturated Fat .5g	
Monounsaturated Fat 1g	
Cholesterol 30mg	11%
Sodium 1150mg	48%
Potassium 310mg	9%
Total Carbohydrate 39g	13%
Dietary Fiber 3g	10%
Sugars 6g	
Protein 9g	
Vitamin A 80%	• Vitamin C 8%
Calcium 4%	• Iron 15%
Thiamin 35%	• Riboflavin 15%
Niacin 20%	• Vitamin B6 10%
Folacin 25%	• Vitamin B12 6%
Phosphorus 15%	• Zinc 6%
*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