

JAC – Lemon Herb

# Nutrition Facts

About 3.5 servings per container

**Serving size**

**1 cup (100 g)**

	As Packaged		As Prepared (100 g) w/ Chicken Breast (85 g)	
<b>Calories</b>	<b>150</b>		<b>330</b>	
Calories from Saturated Fat	20		35	
	<b>% Daily Value*</b>		<b>% Daily Value*</b>	
<b>Total Fat</b>	13g	17%	23g	29%
Saturated Fat	2g	10%	3.5g	18%
Trans Fat	0g		0g	
Polyunsaturated Fat	6g		9g	
Monounsaturated Fat	2.5g		8g	
<b>Cholesterol</b>	0mg	0%	55mg	18%
<b>Sodium</b>	430mg	19%	580mg	25%
<b>Fluoride</b>	0mg		0mg	
<b>Total Carbohydrate</b>	7g	3%	10g	4%
Dietary Fiber	1g	4%	1g	4%
Soluble Fiber	0g		0g	
Insoluble Fiber	--g		0g	
Total Sugars	3g		4g	
Includes Added Sugars	2g	4%	3g	6%
Sugar Alcohol	0g		0g	
<b>Protein</b>	1g		21g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	23mg	2%	37mg	2%
Iron	1mg	6%	1mg	6%
Potassium	130mg	2%	314mg	6%
Vitamin A	111mcg	10%	133mcg	15%
Vitamin C	6mg	6%	7mg	8%
Vitamin E	0mg	0%	1mg	6%
Vitamin K	58mcg	50%	70mcg	60%
Thiamin	0mg	0%	0.1mg	8%
Riboflavin	0mg	0%	0.1mg	8%
Niacin	0mg	0%	13mg	80%
Vitamin B <sub>6</sub>	0mg	0%	0.4mg	25%
Folate	22mcg DFE	6%	28mcg DFE	8%
Vitamin B <sub>12</sub>	0mcg	0%	0.2mcg	8%
Biotin	1mcg	4%	1mcg	4%
Pantothenic Acid	0mg	0%	1mg	20%
Phosphorus	18mg	2%	167mg	15%
Iodine	2mcg	2%	2mcg	2%
Magnesium	7mg	2%	27mg	6%
Zinc	0mg	0%	1mg	10%
Selenium	0mcg	0%	18mcg	35%
Copper	0mg	0%	0.1mg	10%
Manganese	0.1mg	4%	0.2mg	8%
Chromium	1mcg	2%	1mcg	2%
Molybdenum	4mcg	8%	4mcg	8%
Chloride	32mg	2%	37mg	2%
Choline	6mg	2%	62mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.