



so smart. so satisfying.

Nutritional
Information

Nutrition Facts

Serving Size 1 Cup (180g)
Servings Per Container 4

Amount Per Serving

Calories 140 Calories from Fat 15

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 610mg **25%**

Total Carbohydrate 22g **7%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 9g

Calcium 6% • Iron 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

Chicken Fettuccine Alfredo

WHITE MEAT CHICKEN AND FETTUCCINE PASTA IN
A CREAMY CHEESE SAUCE

INGREDIENTS: ALFREDO SAUCE: WATER, SEASONING MIX (ENRICHED WHEAT FLOUR (NIACIN, IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), LACTOSE, SALT, MONOSODIUM GLUTAMATE, TORULA YEAST, DEHYDRATED CHICKEN STOCK, DEHYDRATED COOKED CHICKEN MEAT, NONFAT DRY MILK, DEHYDRATED ONION, WHEY SOLIDS, BUTTERMILK SOLIDS, CHICKEN FAT, MALTODEXTRIN, DISODIUM INOSINATE AND DISODIUM GUANYLATE (FLAVOR ENHANCERS), SPICE, PAPRIKA, PARMESAN CHEESE (PASTERIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), CELLULOSE POWDER ADDED TO PREVENT CAKING, NATURAL FLAVOR, MODIFIED FOOD STARCH, BASIL. **FETTUCCINE:** COOKED FETTUCCINE NOODLES (WATER, SEMOLINA (MILLED WHEAT FLOUR, ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID)). **CHICKEN:** WHITE MEAT CHICKEN, WATER, MODIFIED FOOD STARCH, SALT, SODIUM PHOSPHATE, SOY PROTEIN ISOLATE.

CONTAINS: MILK, WHEAT, SOY.

Net Wt. 26 oz. (1 LB. 10 oz.)