

# CHICKEN & DUMPLINGS



## Nutrition Facts

Serv. Size 1 CUP (240g)

**Calories** 200

Calories from Fat 45

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	% DV*	Amount/Serving	% DV*
----------------	-------	----------------	-------

<b>Total Fat</b> 4.5g	<b>7%</b>	<b>Total Carb.</b> 24g	<b>8%</b>
-----------------------	-----------	------------------------	-----------

Sat. Fat 1.5g	<b>8%</b>	Dietary Fiber 2g	<b>8%</b>
---------------	-----------	------------------	-----------

Trans Fat 0g	<b>0%</b>	Sugars 0g	<b>0%</b>
--------------	-----------	-----------	-----------

<b>Cholest.</b> 15mg	<b>5%</b>	<b>Protein</b> 15g	
----------------------	-----------	--------------------	--

<b>Sodium</b> 920mg	<b>38%</b>		
---------------------	------------	--	--

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 10%

**INGREDIENTS:** SAUCE (WATER, MODIFIED FOOD STARCH, CHICKEN FAT, SALT, FLAVORING [SOLUBLE PEPPER, SOLUBLE CELERY], ANNATTO [COLOR]), DUMPLINGS (ENRICHED WHEAT FLOUR [ENRICHED WITH NIACIN, IRON, THIAMIN, RIBOFLAVIN, FOLIC ACID], WATER, CHICKEN FAT, SALT, BAKING POWDER [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE], STARCH, MONOCALCIUM PHOSPHATE), COOKED WHITE CHICKEN MEAT(WHITE CHICKEN, WATER, SALT, MODIFIED FOOD STARCH, SODIUM PHOSPHATES).

**CONTAINS:** EGG, WHEAT

**CLAIMS: NO MSG ADDED / 0G TRANS FAT PER SERVING / MADE FROM SCRATCH / FULLY COOKED**

**CRIDER**<sup>TM</sup>  
FOODS

(800) 342-3851 • [www.criderfoods.com](http://www.criderfoods.com)