

# Basque Chicken

## Nutrition Facts

Serving Size: 1 (340g)

Servings Per Container: 1

### Amount Per Serving

**Calories** 310

Calories from Fat 90

### % Daily Value\*

**Total Fat** 9g **14%**

Saturated Fat 2g **10%**

*Trans* Fat 0g

**Cholesterol** 75mg **25%**

**Sodium** 600mg **25%**

**Total Carbohydrate** 26g **9%**

Dietary Fiber 7g **28%**

Sugars 11g

**Protein** 31g

Vitamin A 120% • Vitamin C 340%

Calcium 6% • Iron 15%

\* 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     |

INGREDIENTS: RED BELL PEPPERS,  
CHICKEN, ONIONS, GARLIC,  
JALAPENOS, SHALLOTS, TASSO, CHILI  
FLAKES, EXTRA VIRGIN OLIVE OIL,  
KOSHER SALT

WHAT'S FOR SUPPER, INC.

120 GREENE STREET

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