

Legacy Food Storage
Chicken a La King
Nutritional Facts & Ingredient Statement

Nutrition Facts

4 servings per container

Serving size 1.5 Cups (115g)

Amount per serving

Calories 460

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 9g	45%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 1080mg	47%
Total Carbohydrate 81g	30%
Dietary Fiber 2g	8%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 81mg	6%
Iron 3mg	15%
Potassium 251mg	6%

*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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



INGREDIENTS: Precooked Long Grain Rice, Coconut Oil, Maltodextrin, Corn Starch, Sea Salt, Onion, Pea, Carrot, Red Bell Pepper, Mushroom, Dried Cane Syrup, Sodium Caseinate, Green Bell Pepper, Butter (cream, water, salt), Garlic, Spice, Parsley, Silicon Dioxide, Non Fat Milk, High Oleic Acid Sunflower Oil, Mono & Diglycerides, Natural Flavor, Tocopherols, Ascorbyl Palmitate

ALLERGENS: Milk.

NET WT 16.04 OZ (454.72g)

GMO FREE
Vegetarian
Uses Sea Salt
No MSG/I+G/AYE
No Trans Fats
Low Cholesterol

DIRECTIONS:

Bring 6 Cups water to boil. Slowly Whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.