

# Arroz con Pollo

Number of Servings: 1 (213.12 g per serving)

Ingredient	Comments
Oil, olive, salad or cooking	
Yellow Rice	Contains: Soy
SNC Chicken Base	Contains: Soybean
Garlic, crushed, wet	
Onion, yellow, fresh, chpd	
Salt, table	
Spice, pepper, black	
Peppers, bell, red, sweet, fresh, chpd	
Peas, garden, fzn	
Chicken, broiler/fryer, breast, w/o skin, raw	

Nutrition Facts	
Serving Size About 1 cup (213g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 220</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 1010mg</b>	<b>42%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein 19g</b>	
Vitamin A 8%	• Vitamin C 30%
Calcium 2%	• Iron 10%
*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
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Provided by: St. Norbert College Dining Services using ESHA Food Processor 10.1 software

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