

# J&M Chicken Jambalaya

## Nutrition Facts

1 servings per container

**Serving size** 1 Pouch (283g)

**Amount Per Serving**

**Calories** 340

**% Daily Value\***

**Total Fat** 10g 13%

Saturated Fat 1.5g 8%

*Trans* Fat 0g

**Cholesterol** 40mg 13%

**Sodium** 410mg 18%

**Total Carbohydrate** 45g 16%

Dietary Fiber 6g 21%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 18g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 2.5mg 15%

Potassium 650mg 15%

\*The % Daily Value (DV) 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.