

Nutrition Facts			
Serving size: 1 (340g)			
Servings Per Container 1			
Amount Per Serving			
Calories	428	Cal. from Fat	121
% Daily Value*			
Total Fat	13g		20%
Saturated Fat	3g		15%
Trans Fats	0g		
Cholesterol	260mg		85%
Sodium	917mg		40%
Total Carbohydrate	36g		10%
Dietary Fiber	2g		10%
Sugars	0g		
Protein	39g		
Vitamin A	25%	Vitamin C	40%
Calcium	15%	Iron	45%
* Percent Daily Values is 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

Cajun Jambalaya. 12 oz.