

# Bread Stuffing

## Nutrition Facts

Serving Size 1/2 cup (100g)

Servings Per Container 1

Amount Per Serving

**Calories** 179 **Calories From Fat** 36

		% Daily Value*
<b>Total Fat</b>	4g	7%
Saturated Fat	1g	4%
Trans Fat	1.00	0%
<b>Cholesterol</b>	27mg	9%
<b>Sodium</b>	499mg	21%
<b>Total Carbohydrate</b>	28g	9%
Dietary Fiber	2g	6%
Sugars	2g	

**Protein** 5g

Vitamin A 4% ● Vitamin C 1%

Calcium 9% ● Iron 14%

\*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:** White Bread (Enriched Wheat Flour, Water, High Fructose Corn Syrup, Yeast, Salt, Soybean Oil, Calcium Propionate, Monoglycerides, Monocalcium Phosphate, Sodium Stearoyl Lactylate, Calcium Sulfate, Soy Lecithin, Soy Flour); Water; Eggs (Liquid Whole Eggs, Citric Acid, Water); Celery; Spanish Onions; Margarine; Chicken Soup Base (Chicken Meat & Natural Chicken Juices, Salt, Sugar, Chicken Fat, Hydrolyzed [Corn & Wheat Gluten, Soy] Proteins, Dried Whey, Maltodextrin, Natural Flavors, Partially Hydrogenated Cottonseed & Soybean Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Yeast Extract, Lactic Acid, Natural Extractives of Turmeric & Annatto); Chopped Garlic; Rubbed Sage; Poultry Seasoning; Thyme; Kosher Salt; White Pepper.

**Allergy Information:** Wheat, Soybeans, Milk, Eggs