

Cajun Seafood & Rice Casserette

Nutrition Facts

Serving Size 1 serving (259.76g)
 Servings Per Container 24



Amount Per Serving

Calories 170 **Calories from Fat** 20



% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 15mg **6%**

Sodium 580mg **24%**

Total Carbohydrate 25g **8%**

Dietary Fiber 2g **7%**

Sugars 1g

Protein 10g



Vitamin A 4% • **Vitamin C** 20%

Calcium 4% • **Iron** 8%

* 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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Water, Surimi, Converted Long Grain White Rice, Yellow Onions, Green Bell, Canned Diced Tomatoes, Chablis Wine, Celery, Cajun Seasoning, Pepper Sauce or Tabasco, Vegetarian Sauce Mix, Garlic Clove, Salt, Ground Black Pepper