Chicken Stew

Dairy Free

Chicken Stock, Chicken Meat, Potatoes, Carrots, Celery, Chicken Fat, Peas, Onions, Wheat Flour, Sea Salt, Parsley, Spices. **Contains Wheat.**

Cal: 230	**Total Fat: 12g**	**Sat Fat: 3.5g**	**Trans Fat: 0g**	**Chol: 50mg**
Sodium: 550mg	**Total Carb: 18g**	**Fiber: 2g**	**Sugars: 2g**	**Protein: 14g**

Nutritional information based on 1 cup (8oz) serving

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