



Medifast Chicken Flavored Noodle Soup

Naturally Flavored

69600

Nutrition Facts

Serving Size 1 packet (30.8 g)
Servings Per Container 7

Amount Per Serving

Calories 100 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 360mg **15%**

Potassium 580mg **17%**

Total Carbohydrate 11g **4%**

Dietary Fiber 4g **16%**

Sugars 1g

Protein 12g **24%**

Vitamin A 50% • Vitamin C 35%

Calcium 40% • Iron 30%

Vitamin D 20% • Vitamin E 25%

Vitamin K 25% • Thiamin 35%

Riboflavin 35% • Niacin 25%

Vitamin B6 30% • Folate 30%

Vitamin B12 20% • Biotin 20%

Pantothenic Acid 20% • Phosphorus 20%

Iodine 25% • Magnesium 10%

Zinc 25% • Selenium 25%

Copper 30% • Manganese 45%

Chromium 25% • Molybdenum 60%

*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
Potassium			3,500 mg	3,500 mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g
Protein			50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Textured soy protein concentrate, enriched egg noodles (durum flour, egg yolks, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), soy protein isolate, powdered cellulose, natural flavors, dehydrated carrots, salt, canola oil, yeast extract, xanthan gum, onion powder, dehydrated onion, dehydrated celery, soy lecithin, l-cysteine hydrochloride, autolyzed yeast, garlic powder, black pepper, turmeric (color), disodium inosinate, disodium guanylate.

Vitamins and Minerals: Calcium phosphate, calcium carbonate, potassium citrate, potassium chloride, ascorbic acid, ferric orthophosphate, vitamin E acetate, niacinamide, zinc oxide, calcium pantothenate, manganese sulfate, copper sulfate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium chloride, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenite, vitamin K1, vitamin D3, vitamin B12.

CONTAINS: EGG, WHEAT, AND SOY.

Product information may change over time. Therefore, the ingredient label on the package is always the best source for that specific item.