

Chicken and Ham Broth 雲腿清雞湯



Photo by: Wing Shan Li, Hunter College, Dietetic Intern

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Nutrition Facts/營養標示	
Serv. Size/每一份 236mL/ 毫升	
Servings per container/份 2	
Amount Per Serving/每份	
Calories/能量 15 kcal/千卡	Fat cal./脂肪卡 0
% Daily Value*/每日攝取量百分比*	
Total Fat/總脂肪 0g/克	0%
Saturated Fat/飽和脂肪 0g/克	0%
Trans Fat/反式脂肪 0g/克	
Polyunsat. Fat/多不飽和脂肪 0g/克	0%
Monounsat. Fat/單不飽和脂肪 0g/克	0%
Cholesterol/膽固醇 0 mg/毫克	0%
Sodium/鈉 820mg/毫克	34%
Potassium/鉀 Not Available	
Total Carb./碳水化合物 3g/克	1%
Fiber/纖維 Not Available	
Sugars/糖 1g/克	
Protein/蛋白質 1g/克	
Vitamin/維他命 A 0%	• Vitamin/維他命 C 0%
Calcium/鈣 0%	• Iron/鐵 0%
* Percent Daily Values are based on a 2,000 calorie diet.	
* 每日建議攝取量的百分比是基於2,000卡路里熱量的食物要求	

Ingredients/成分: chicken broth(prepared from water and dehydrated chicken broth with salt and gelatin), potato starch, salt, dextrose, monosodium glutamate, chicken flavor salt, autolyzed yeast extract, soy sauce soybeans, wheat, salt), maltodextrin, monosodium glutamate, chicken fat, disodium inosinate, natural flavor, chicken meat), pork flavor (hydrolyzed corn gluten, soy protein and wheat gluten, yeast extract, partially hydrogenated cottonseed and soybean oil, dextrose, thiamine hydrochloride), ham flavor (salt, maltodextrin, sugar, molasses, dextrose, natural flavor, wheat starch spice, smoke flavor), disodium inosinate, disodium guanylate may contain milk

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