



Pollo Guisado Con Vegetales — Stewed Chicken with Vegetables



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Pollo Guisado esta hecho con Stewed Chicken with Vegetables

made with chicken, potatoes, carrots, tomatoes, garlic, onion
celery, parsley, bay leaves, salt and pepper

Nutrition Facts/Datos de Nutrición	
Serv. Size/Tamaño por Ración	1 chicken
Servings/Raciones por Envase	8
Amount Per Serving/Cantidad por Ración	
Calories/Calorías	315 Fat cal./Calorías de Grasa 29
% Daily Value*/% Valor Diario*	
Total Fat/Grasa Total	8 g 5%
Saturated Fat/Grasa Saturada	Not Available
Trans Fat/Grasa Trans	Not Available
Polyunsat. Fat/ Grasa Poliinsat.	Not Available
Monounsat. Fat/Grasa Monoinsat.	Not Available
Cholesterol/Colesterol	137mg 46%
Sodium/Sodio	605mg 25%
Potassium/Potasio	
Total Carb./Carbohidrato Total	138g 46%
Fiber/Fibra	2g
Sugars/Azúcares	Not avail
Protein/Proteínas	55g 110%

Foods can be prepared in different ways.

We can not guarantee complete accuracy of label /ingredients listed.

Nutrient Facts: http://urbanext.illinois.edu/diabetesrecipes_sp/recipe.cfm?recipe=Chicken%20Stew&lang=en

Photo: http://www.perdue.com/es/chicken-recipes/pollo_guisado_con_vegetales.html

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