POZOLE CHICKEN SOUP  #001681

Ingredients
1.75# diced chicken
4 Tbl vegetable oil
1cup diced onions
1 tsp minced garlic
5 quarts chicken broth (5 quarts water & 4oz chicken base)
5 cups water
3.25 cups Hominy drained/rinced
3 1/8 cups uncooked rice
2 tsp crumbled dried oregano
5 tsp salt
8 tbls chili powder
25 bread sticks

Possible Allergens or Sensitivities

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Breadsticks made on same line as dairy products

Nutrition Facts

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Serving Size: servings
Calories: 261

Amount Per Serving
Calories from Fat

- Total Fat 5.7g
- Saturated Fat 0.4g
- Trans Fat 0.0g
- Cholesterol 24mg
- Sodium 715mg
- Total Carbohydrate 41.1g
- Dietary Fiber 3.3g
- Total Sugars 3.8g
- Protein 12.5g

% Daily Value

- Vitamin A 16%
- Vitamin C 11%
- Calcium 13%
- Iron 19%

- *Percent Daily Values are based on a 2,000 calorie diet
- **Calories from Fat
- ***The % Daily Value for sodium is based on a 2,000 calorie diet
- ****A2314 - denotes a nutrient that is neither missing nor meeting the % Daily Value for an individual ingredient