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## Arroz con Pollo

Hesston College

### Author

**Categories** Entree, ethnic, Poultry

**Tools** Pan ST 4", Spoon solid

**Locations**

**Plate/Store**

**Yield** 1 pan **Cook**

**Portion** 5 oz

**Num Portions** 70

## Nutrition Facts

Serving Size 5 oz (142g)

Servings Per Container 70

Amount Per Serving

**Calories 184** Calories From Fat 41

% Daily Value

**Total Fat 5g** 7%

Saturated Fat 1g 4%

Trans Fat 0g

**Cholesterol 35mg** 12%

**Sodium 218mg** 9%

**Total Carbohydrates 24g** 8%

Dietary Fiber 1g 4%

**Protein 11g**

Vitamin A 8% Vitamin C 33%

Calcium 2% Iron 6%

\* Percent Daily Values are based on a 2000 calorie diet.

### Nutrition Descriptors

Low Saturated Fat

High in Vitamin C

High in Protein