

Multi Column: Karlsburger XF Chicken Base USDA

Nutrient	Per Svg	Per 100g	Nutrient	Per Svg	Per 100g
Basic Components			Minerals		
Calories (kcal)	13.94	253.54	Biotin (mcg)	--	--
Calories from Fat (kcal)	6.55	119.16	Vitamin C (mg)	0.01	0.24
Calories from SatFat (kcal)	1.73	31.49	Vitamin D - IU (IU)	--	--
Protein (g)	0.50	9.07	Vitamin D - mcg (mcg)	--	--
Carbohydrates (g)	1.32	23.97	Vitamin E - Alpha-Toco (mg)	0.02	0.28
Dietary Fiber (g)	0.01	0.20	Folate (mcg)	0.05	0.91
Soluble Fiber (g)	0	0	Folate, DFE (mcg)	0.05	0.91
Total Sugars (g)	1.20	21.88	Vitamin K (mcg)	0.01	0.09
Monosaccharides (g)	0	0	Pantothenic Acid (mg)	0.01	0.16
Disaccharides (g)	0	0	Other Fats		
Other Carbs (g)	0.07	1.19	Calcium (mg)	4.32	78.48
Fat (g)	0.73	13.25	Chromium (mcg)	0.02	0.42
Saturated Fat (g)	0.19	3.50	Copper (mg)	0.00	0.03
Mono Fat (g)	0.29	5.24	Fluoride (mg)	0.21	3.80
Poly Fat (g)	0.12	2.14	Iodine (mcg)	--	--
Trans Fatty Acid (g)	0.08	1.43	Iron (mg)	0.03	0.46
Cholesterol (mg)	1.31	23.85	Magnesium (mg)	0.39	7.02
Water (g)	0.97	17.55	Manganese (mg)	0.00	0.04
Vitamins			Molybdenum (mcg)	--	--
Vitamin A - IU (IU)	1.09	19.73	Phosphorus (mg)	5.00	90.90
Vitamin A - RE (RE)	0.28	5.05	Potassium (mg)	4.62	84.01
Vitamin A - RAE (RAE)	0.28	5.02	Selenium (mcg)	0.37	6.66
Vitamin A - Carotenoid RE (RE)	0.00	0.05	Sodium (mg)	724.35	13170.01
Vitamin A - Retinol RE (RE)	0.27	4.99	Zinc (mg)	0.01	0.22
Beta-Carotene (mcg)	0.02	0.32	Other Nutrients		
Vitamin B1 - Thiamin (mg)	0.00	0.03	Omega 3 Fatty Acid (g)	0.00	0.04
Vitamin B2 - Riboflavin (mg)	0.00	0.06	Omega 6 Fatty Acid (g)	0.04	0.67
Vitamin B3 - Niacin (mg)	0.11	1.94	Gram Weight (g)	5.50	100.00
Niacin Equivalents (mg)	0.19	3.41	Alcohol (g)	0	0
Vitamin B6 (mg)	0.00	0.09	Caffeine (mg)	0	0
Vitamin B12 (mcg)	0.00	0.08	Choline (mg)	0.23	4.25

Nutrition Facts

Serving Size (6g)
Servings Per Container

Amount Per Serving

Calories 15 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1%

 Saturated Fat 0g 0%

 Trans Fat 0g

Cholesterol 0mg 0%

Sodium 720mg 30%

Total Carbohydrate 1g 0%

 Dietary Fiber 0g 0%

 Sugars 1g

Protein 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*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	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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