Nutrition Facts (Heat and Serve)	
Serving Size	71 g
Amount Per Serving	
Calories	210
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 7g	35%
Trans Fat 0.5g	
Cholesterol 45mg	15%
Sodium 620mg	27%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugar 1g	
Added Sugar 1g	2%
Protein 13g	
Vitamin D 0.1µg	0%
Potassium 160mg	4%
Calcium 90mg	6%
Iron 1mg	6%

Ingredients:

Beef, Chicken, Pasteurized Process Cheddar Cheese (Cheddar Cheese (Cultured Milk, Salt, Enzymes), Water, Cream, Milk Fat, Sodium Phosphate, Artificial Color, Enzyme Modified Cheese Flavor, Salt), Water, Textured Soy Flour, Less Than 2% Of: Dextrose, Salt, Natural Flavors (Including Smoke), Rice Flour, Hydrolyzed Soy And Corn Protein, Sodium Phosphate.

Contains:

Soy and Milk.