

Nutrition Facts

Serving Size
5.0 oz (142g)

Calories
per serving 470

Amount/serving	% DV	Amount/serving	% DV
Total Fat 32g	41%	Total Carb. 28g	10%
Saturated Fat 11g	54%	Fiber 10g	35%
<i>Trans Fat</i> 0g		Total Sugars 4g	
Cholesterol 135mg	45%	Incl.0g Added Sugars	0%
Sodium 360mg	16%	Protein 28g	
Vitamin D 2% · Calcium 15% · Iron 20% · Potassium 15%			

Ethiopian Stewed Chicken (Doro Wot)

Ingredients: chicken thighs, yellow onion, water, whole cloves, allspice, lemon juice, unsalted butter, garlic, low sodium chicken base, kosher salt, granulated onion, fresh ginger, paprika, garlic granulated spice, cinnamon, fenugreek, besobela, kosseret spice, black pepper, whole coriander seed, black cardamom pods, coriander, nutmeg, cumin, oregano, black peppercorn, cinnamon, dried ginger, chile, de árbol (cayenne)

Contains Milk