

NET WT:  
17 oz (482 g)



# Cilantro-Lime

GLUTEN  
Free

#ChickenChampions  
www.TheChickenPound.com

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**INGREDIENTS:** Chicken, Water, Lime Juice, Extra Virgin Olive Oil, Cilantro, Sea Salt, Black Pepper.

**Heating Instructions:** In Air-fryer heat for 3 minutes at 300 degrees. In Microwave: Heat for 45-60 seconds (you can reheat in sealed bag). In Oven or Toaster Oven: Preheat to 400 F degrees. Place chicken in oven-safe pan or wrap in foil. Heat for 12-15 minutes.

## Nutrition Facts

About 2 servings per container  
**Serving size**  
8 oz (227g)  
**Calories**  
**249** | **498**  
per serving | per container

	Per Serving % DV*	Per Container % DV*
<b>Total Fat</b>	5g 6%	11g 14%
Saturated Fat	1g 5%	2.5g 13%
Trans Fat	0g	0g
<b>Cholesterol</b>	120mg 40%	265mg 88%
<b>Sodium</b>	260mg 11%	560mg 24%
Vitamin D	0.1mcg 0%	0.1mcg 0%
Calcium	20mg 2%	50mg 4%

	Per Serving % DV*	Per Container % DV*
<b>Total Carb.</b>	0g 0%	<1g 0%
Dietary Fiber	0g 0%	0g 0%
Total Sugars	0g	0g
Incl. Added Sugars	0g 0%	0g 0%
<b>Protein</b>	51g	112g
Iron	1.2mg 6%	2.6mg 15%
Potassium	530mg 10%	1160mg 25%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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**Safe Handling Instructions:** Keep frozen or refrigerate upon receiving.

**For Optimal Results**

**Storage:** Store in Freezer, then thaw in refrigerator for 12-24 hours prior to use. Store in refrigerator for up to 5 days.

**Re-heating:** Use air fryer for best tasting results.

### Safe Handling Instructions

This product has been inspected and found to be safe for consumption. Some food products may contain bacteria that could cause illness if not handled properly. For your protection, please follow these instructions:

- Keep refrigerated or frozen.
- Thaw in refrigerator or microwave.
- Keep raw meat and poultry separate from other foods. Avoid cross-contamination. Wash hands, surfaces, and hands after cooking raw meat or poultry.
- Cook thoroughly.
- Keep refrigerated for 3-4 days. Do not refreeze.