

@thechickenpound



# Lemon-Herb

**FULLY COOKED  
CHICKEN BREAST IN A  
LEMON HERB SAUCE**  
CONTAINS UP TO 3% SOLUTION

**#ChickenChampions**  
[www.TheChickenPound.com](http://www.TheChickenPound.com)



**KEEP  
REFRIGERATED  
OR FROZEN**

**INGREDIENTS:** Chicken Breast (Containing up to 3% solution of Extra Virgin Olive Oil, Sea Salt, Black Pepper), Lemon-Herb Sauce (Lemon Juice, Extra Virgin Olive Oil, Garlic, Sea Salt, Parsley, Black Pepper, Oregano).

**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.

## NUTRITIONAL FACTS

Serving Size 8 ounces (227g)  
Servings Per Container 2  
Calories 340  
Calories from Fat 70

\* Percent Daily Values (DV) are based on a 2,000 Calorie diet.

Amount Per Serving	%DV	Amount Per Serving	%DV
Total Fat 8g	12%	Sodium 380mg	16%
Sat Fat 2g	10%	Total Carbohydrate 2g	1%
Trans Fat 0g		Dietary Fiber 0g	0%
Cholesterol 215mg	72%	Sugars 0g	
		Protein 64g	
Vitamin A 0%	*	Vitamin C 0%	*
		Calcium 2%	*
		Iron 4%	



**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.

Produced for The Chicken Pound, Fairview, NJ 07022

**NET WT:  
17 oz (482 g)**