

(C) @thechickenpounce

KEEP REFRIGERATED OR FROZEN

#ChickenChampions

www.TheChickenPound.com

INGREDIENTS: Chicken Breast, Extra Virgin Olive Oil, 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.

NUTRITIONAL FACTS	Amount Per Serving	%DV	Amount Per Serving	%DV	٥
Serving Size 8 ounces (227g) Servings Per Container 2 Calories 360 Calories from Eat 90	Total Fat 9g	14%	Sodium 520mg	22%	0000
	Sat Fat 1.5g	8%	Total Carbohydrate 0g	0%	9
	Trans Fat 0g		Dietary Fiber 1g	4%	١.
	Cholesterol 220mg	73%	Sugars 0g		i

Protein 71q Vitamin A 0% Vitamin C 0% Calcium 2% 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



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