

@thechickenpound



Pre-Contest

Plain

**FULLY COOKED
CHICKEN BREAST**

#ChickenChampions

www.TheChickenPound.com

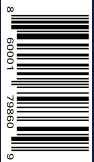


**KEEP
REFRIGERATED
OR FROZEN**

INGREDIENTS: Chicken.

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
Serving Size 8 ounces (227g)		Total Fat 0g	0%	Sodium 105mg	4%
Servings Per Container 2		Sat Fat 0g	0%	Total Carbohydrate 0g	0%
Calories 224		Trans Fat 0g		Dietary Fiber 0g	0%
Calories from Fat 0		Cholesterol 170mg	57%	Sugars 0g	
* Percent Daily Values (DV) are based on a 2,000 Calorie diet.				Protein 56g	
		Vitamin A 0%	*	Vitamin C 0%	*
		Calcium 0%	*	Iron 8%	



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)**