

NET WT:
17 oz (482 g)



Pre-Contest

Plain

#ChickenChampions

www.TheChickenPound.com

GLUTEN
Free

@thechickenpound

INGREDIENTS: Chicken.

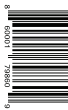
Heating Instructions: In Air-fryer heat for 3 minutes at 300 degrees. In Microwave: Heat for 45-60 seconds (you can reheat in sealed bag). In Oven or Toaster Oven: Preheat to 400 F degrees. Place chicken in oven-safe pan or wrap in foil. Heat for 12-15 minutes.

NUTRITIONAL FACTS

Serving Size 8 ounces (227g)
Servings Per Container 2
Calories 224
Calories from Fat 0

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

Amount Per Serving	%DV	Amount Per Serving	%DV
Total Fat 0g	0%	Sodium 105mg	4%
Sat Fat 0g	0%	Total Carbohydrate 0g	0%
Trans Fat 0g		Dietary Fiber 0g	0%
Cholesterol 170mg	57%	Sugars 0g	
		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.

Safe Handling Instructions

This product has not been tested for allergens and is not intended for use by individuals with severe allergies. Please consult your physician for more information. For your protection, please read the label carefully.

- Keep refrigerated or frozen. Thaw in refrigerator or microwave.
- Always use hand and foot hygiene before and after handling. Wash hands thoroughly with soap and water after handling raw meat or poultry.
- Cook thoroughly.
- Always refrigerate for 24 hours or longer after cooking.