



# FREEZE DRIED DICED CHICKEN

## Nutrition Facts

15 servings per container

Serving size 1/2 Cup (30g) Dry  
(about 1/2 Cup prepared)

Amount per serving

**Calories** **150**

% Daily Value\*

**Total Fat** 5g **6%**

Saturated Fat 1.5g **8%**

*Trans Fat* 0g

**Cholesterol** 70mg **23%**

**Sodium** 90mg **4%**

**Total Carbohydrate** 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 25g

Vitamin D 0mcg 0%

Calcium 9mg 0%

Iron 1mg 6%

Potassium 296mg 6%

\*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.

Calories per gram: Fat 9 • Carbs 4 • Protein 4

## DIRECTIONS:

2 1/2 cups dry chicken + 2 cups water = approx. 1 pound fresh chicken.

1. Remove oxygen absorber and discard.
2. Cover Freeze Dried Diced Chicken with boiling water.
3. Let stand 5 minutes.
4. Drain excess water and use as you would regular cooked chicken.

**INGREDIENTS:** Freeze dried white meat chicken.

Distributed by: Hibernite  
1911 South 3850 West  
Salt Lake City, UT 84104



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