



POLLO ASADO

Our Pollo Asado is seasoned with a traditional blend of spices and marinated in a zesty citrus blend, grilled to perfection, staying true to its traditional recipe. Conveniently packaged in 6 to 8 ounce portions that can be sliced, diced or served as an entrée in minutes.

14g
OF PROTEIN
PER SERVING

**GLUTEN
FREE**

**HEAT & EAT
6
MINUTES IN
MICROWAVE**

INGREDIENTS

Chicken leg meat [Chicken leg meat, water, Canola Oil, Salt, Orange Juice Concentrate, Paprika, Garlic Powder, Key Lime Juice (From Concentrate), Red Chili, Spice].

NUTRITION FACTS

About 5 servings per container

Serving Size: 3 oz (85g)

Amount per Serving

CALORIES 110

% Daily Value*

Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 390mg	17%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 1mg	6%
Potassium 192mg	4%

*The % Daily Value 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 • Carbohydrate 4 • Protein 4

COOKING INSTRUCTIONS

MICROWAVE

1. Remove paper sleeve. Leave bag in tray, heat on high for 2 minutes.
2. Rotate the pouch ½ turn, puncture 2 small holes in the pouch, and cover with a paper towel.
3. Heat on high an additional 2 minutes or until a minimum internal temperature of 165°F. Let stand for 2 minutes.
4. Open bag carefully, and empty content into serving tray.

Note: Microwave ovens vary in rates of heating. Times given are approximate.

STOVETOP

1. Heat medium size skillet over medium heat. Remove sleeve. Empty Pollo Asado from pouch and place in skillet with 1/3 cup of water.
2. Separate the Pollo Asado with a spoon and spread evenly across the skillet.
3. Cover and heat for 8 to 10 minutes or until a minimum internal temperature of 165°F, stirring occasionally.
4. Remove cover for last 2 minutes of cooking.