



LIGHTLY SEASONED PULLED CHICKEN

Our Lightly Seasoned Pulled Chicken is made with chicken breast and leg meat and cooked in its own juices following our family recipe. Convenient and ready-in-minutes, our Lightly Seasoned-Pulled Chicken is great in any meal.

23g
OF PROTEIN
PER SERVING

**GLUTEN
FREE**

**HEAT & EAT
6
MINUTES IN
MICROWAVE**

INGREDIENTS

Shredded chicken with cooked out juices (chicken, water, onion, salt), Cultured dextrose, Salt, Garlic powder.

NUTRITION FACTS

About 3 servings per container

Serving Size: 5oz 140g

Amount per Serving

CALORIES 140

% Daily Value*

| | |
|--------------------------|-----|
| Total Fat 4.5g | 6% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 70mg | 23% |
| Sodium 400mg | 17% |
| Total Carbohydrate 1g | 0% |
| Dietary Fiber 0g | 0% |
| Total Sugars 0g | |
| Includes 0g Added Sugars | 0% |
| Protein 23g | |
| Vitamin D 0mcg | 0% |
| Calcium 13mg | 2% |
| Iron 1mg | 6% |
| Potassium 178mg | 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 plastic overwrap and paper sleeve.
2. In microwave safe tray/plate heat on high for 2 minutes, rotate the pouch 1/2 turn, puncture 2 small holes in the pouch, and cover with a paper towel.
3. Heat on high an additional 2 minutes until center is hot (165°F). Let stand for 2 minutes.
4. Open pouch carefully and empty contents into serving tray.

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

STOVETOP

1. Heat a medium sized skillet over medium heat. Remove sleeve. Empty Pulled Chicken from pouch and place in skillet.
2. Separate the Pulled Chicken with a spoon and spread evenly across the skillet.
3. Cover and heat for 8-10 minutes or until core temperature reaches a minimum 165°F, stirring occasionally.
4. Remove cover for last 2 minutes of cooking for Pulled Chicken to get crispy (optional).