



CHICKEN FAJITAS

Our Chicken Fajitas are made with chicken and vegetables perfectly seasoned with a traditional blend of fajita spices, making a rich and flavorful dish. Great on its own or incorporated into other dishes like tacos, quesadillas, burritos and over rice.

INGREDIENTS

Chicken: Chicken breast with rib meat, Water, Canola oil, Pineapple juice concentrate, Chipotle adobado (water, chipotle peppers, tomato paste, canola oil, cane sugar, salt, modified corn starch, distilled vinegar and spices), Orange juice concentrate, Sugar, Salt, Key lime juice (from concentrate), Garlic, Modified Corn Starch, and Spice. **Vegetables:** Onions, Green bell peppers, Red bell peppers, Canola oil, Salt, Chile powder (chile pepper, spices), Paprika, Spice, Garlic powder, Onion powder, Chipotle powder, Citric acid, Grill flavor (Tapioca dextrin, Grill flavor (from sunflower oil), Potato Maltodextrin, Silicon dioxide, Natural flavor, Smoke flavor).

NUTRITION FACTS

About 6 servings per container

Serving Size: 5 oz (140g)

Amount per Serving

CALORIES	180
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 660mg	29%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 320mg	6%

*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

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15g
OF PROTEIN
PER SERVING

**GLUTEN
FREE**

**HEAT & EAT
8
MINUTES IN
MICROWAVE**

COOKING INSTRUCTIONS

MICROWAVE

1. Remove plastic overwrap and place chicken pouch on a microwave safe tray.
2. Heat on high for 1.5 minutes, rotate the pouch 1/2 turn, and puncture 2 small holes in the pouch.
3. Heat on high an additional 1.5 - 2 minutes or until center is hot (165°F). Let stand for 1 minute.
4. Place vegetable pouch on a microwave safe tray and heat for 45 seconds.
5. Rotate the pouch 1/2 turn and puncture 2 small holes in the pouch.
6. Heat on high an additional 45- 60 seconds or until center is hot (165°F). Let stand for 1 minute.
7. Combine both the chicken and vegetable contents and mix well. Enjoy.

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