



CHICKEN AL PASTOR

Del Real Foods Chicken Al Pastor is made with chicken thigh meat marinated in traditional adobo sauce. This convenient dish is often served in tacos topped with diced pineapple.

25g
OF PROTEIN
PER SERVING

HEAT & EAT
6
MINUTES IN
MICROWAVE

NO
PRESERVATIVES

INGREDIENTS

Marinated Chicken Thigh [Chicken Thigh, Water, Seasoning (Paprika, Chili Pepper, Red Pepper, Garlic, Salt, Spices), Apple Cider Vinegar (Vinegar Reduced with Water), Salt], Onion, Canola Oil.

NUTRITION FACTS

Serving per container: About 3
Serving Size: 5 oz (142g)

Amount per Serving

CALORIES **320**

% Daily Value*

Total Fat	22g	28%
Saturated Fat	7g	35%
Trans Fat	0g	
Cholesterol	85g	28%
Sodium	820mg	36%
Total Carbohydrate	3g	1%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes 0g Added Sugars		0%
Protein	25g	
Vitamin D	0mcg	0%
Calcium	67mg	6%
Iron	1mg	6%
Potassium	11mg	0%

*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. 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.
2. Heat on high an additional 2 minutes until center is hot (165F). Let stand for 2 minutes.
3. Open bag carefully, and empty contents into serving tray.

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

STOVETOP

1. Open pouch and pour contents into a preheated skillet.
2. Sauté meat until product is piping hot (165F).
3. Serve with tortillas as tacos or by itself and enjoy.