



POLLO DESHEBRADO

Made with 100% chicken breast, our traditional Pollo Deshebrado follows our family recipe. Fully cooked in its own juices and lightly seasoned with a traditional blend of spices. A convenient, ready-in-minutes, authentic meal.

17g
OF PROTEIN
PER SERVING

**GLUTEN
FREE**

**HEAT & EAT
6
MINUTES IN
MICROWAVE**

INGREDIENTS

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

NUTRITION FACTS

About 5 servings per container

Serving Size: 1/2 cup (3oz) 85g

Amount per Serving

CALORIES 90

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 210mg	9%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 1mg	6%
Potassium 108mg	2%

*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

*Federal regulations do not permit the use of added hormones in chicken

COOKING INSTRUCTIONS

MICROWAVE

1. In a 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 paper towel.
2. Heat on high an additional 2 minutes until center is hot (165°F). 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. Heat a medium sized skillet over medium heat. Remove sleeve. Empty Shredded Chicken from pouch and place in skillet with 1/3 cup of water.
2. Separate the Shredded Chicken with a spoon and spread evenly across the skillet.
3. Cover and heat for 8-10 minutes or until piping hot (minimum 165°F), stirring occasionally.
4. Remove cover for last 2 minutes of cooking for Shredded Chicken to get crispy (optional).